



COLORADO

School Safety Resource Center

Department of Public Safety

RESOURCES FOR YOUTH SUICIDE PREVENTION AND INTERVENTION K-12 and Institutions of Higher Education

June 2020

This guide is updated annually. For the latest information between printings, please check the online version at www.Colorado.gov/cssrc.

❖ ***The Colorado School Safety Resource Center (CSSRC) does not endorse any programs and takes no responsibility for any services mentioned below. The CSSRC offers these as information for further investigation by a district and/or school. The CSSRC also cautions school districts/schools about implementing any programs without adequate staff training, available school and community intervention resources and particularly after the death of any student or staff member due to suicide. The CSSRC can put districts/schools in contact with specialized professionals in the wake of a suicide.***

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I. Campaigns

Start a Campaign

<https://afsp.org/take-action/give-a-gift/start-a-campaign/>

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. AFSP can help your community create a culture that's smart about mental health through education and community programs, develop suicide prevention through research and advocacy, and provide support for those affected by suicide.

II. ACCREDITATION

American Association of Suicidology

www.suicidology.org

Description: School Suicide Prevention Accreditation Program

Target: School psychologists, social workers, counselors, nurses and others supporting the reduction of suicide and suicidal behaviors.

Cost: \$350 for school-based professionals and \$250 for current graduate students

Steps: Application process and payment of fee
Receive school suicide guide; recommended reading list; sample test questions; and information to access the on-line exam
Access to on-line support system

Description: College and University Suicide Accreditation Program

Target: Campus counseling center professionals
Access to on-line support system

Cost: \$360 for campus professionals and \$260 for current graduate students

Steps: Same as above

III. Crisis Lines

- **National Suicide Prevention Lifeline: 1-800-273-8255-**
<https://suicidepreventionlifeline.org/>
- **Colorado Crisis Services: 1-844-493-8255 (TALK) Text TALK to 38255-**
www.Coloradocrisisservices.org
- **Safe2Tell: 1-877-542-7233 -** <https://safe2tell.org/home>
- **Trevor Project: 1-866-488-7386 -** <http://www.thetrevorproject.org/>
- **Trans Lifeline: 1-877-565-8860 -** <https://www.translifeline.org/>

IV. SUICIDE PREVENTION PROGRAMS

To follow please find programs the CSSRC has listed that we are currently aware of that address suicide prevention. Programs reviewed by and listed with SAMHSA, the Suicide Prevention Resource Center; and/or by Blueprints have been noted. *

NREPP = National Registry of Evidence-based Programs and Practices (NREPP), Substance Abuse and Mental Health Services Administration (SAMSHA)

The NREPP rating system was revised as of 2015. In a statement released on January 11, 2018, SAMHSA's [Elinore F. McCance-Katz, MD](#), PhD, Assistant Secretary for Mental Health and Substance Use, raised additional issues regarding the National Registry of Evidence-based Programs and Practices. This statement explained some of SAMHSA's concerns about NREPP designations and the fact that SAMHSA will be taking a new approach to implementation of evidence-based practices (EBPs). The CSSRC will continue to use the previous NREPP and SPRC designations until new guidelines are released.

***SPRC-BPR = Suicide Prevention Resource Center - Best Practices Registry, Rated as follows:**

- ✓ ***Programs with Evidence of Effectiveness.*** These programs have been evaluated and found to result in at least one positive outcome related to suicide prevention.
- ✓ ***Those programs not included in "Programs with Evidence of Effectiveness" were previously included in SPRC's Section III. We have listed them here as "Previously."***
To be listed previously, the program content was reviewed for adherence to standards of accuracy, safety, likelihood of meeting objectives, and program design. Outcome data—whether the program had evidence of effectiveness—were not a part of the BPR review process. (From their website)

***Blue Prints = Blueprints for Healthy Youth Development**

Blue Prints provides a registry of evidence-based positive youth development programs designed to promote the health and well-being of children and teens. Blueprints programs are family, school, and community-based and target all levels of need — from broad prevention programs that promote positive behaviors while decreasing negative behaviors, to highly-targeted programs for at-risk children and troubled teens that get them back on track. (From their website) University of Colorado Boulder, Institute of Behavioral Science, Center for the Study and Prevention of Violence.

1. 13 Reasons Why Toolkit

<https://www.13reasonswhytoolkit.org/>

Listing:

Description: Following the Netflix release of 13 Reasons Why in 2017, many mental health, suicide prevention, and education experts from around the world expressed a common concern about the series' graphic content and portrayal of difficult issues facing youth. Resources and tools to address these concerns were quickly and widely disseminated in an effort to help parents, educators, clinical professionals and other adults engage in conversations with youth about the themes found in the show.

In advance of the release of season 2, SAVE (Suicide Awareness Voices of Education) brought together a group of 75 leading experts in mental health, suicide prevention and education as well as healthcare professionals (see full list below) to develop tools to help encourage positive responses to the series. In just a few short months, this group has developed a toolkit providing practical guidance and reliable resources for parents, educators, clinicians, youth and media related to the content of the series (suicide, school violence, sexual assault, bullying, substance abuse, etc.).

Using the toolkit and resources developed will help to encourage conversations, identify those at risk and prevent unexpected tragedies. Hopefully, it will also help those in need get the appropriate level of support and professional care to ensure that youth are protected, nurtured and our communities are stronger.

Target: Adolescents aged 10 to 18

Cost: All materials are available for download at no cost.

2. Adolescent Coping with Depression (CWD-A)

http://www.ori.org/files/Static%20Page%20Files/ACWDadolescent_workbook.pdf

- Listing:** NREPP (Positive & Promising Outcomes); SPRC-BPR (Program with Evidence of Effectiveness) and Blue Prints (Promising)
- Description:** This is a cognitive behavioral group intervention that targets specific problems typically experienced by depressed adolescents. These problems include discomfort and anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. CWD-A consists of 16 2-hour sessions conducted over an 8-week period for mixed-gender groups of 4 to 8 adolescents. Each participant receives a workbook that provides structured learning tasks, short quizzes, and homework forms. To encourage generalization of skills to everyday situations, adolescents are given homework assignments that are reviewed at the beginning of the subsequent session.
- Target:** Adolescents aged 14 to 18. CWD-A has been implemented with adolescents in diverse settings including inner-city and rural areas, schools, juvenile detention centers, and State correctional facilities.
- Cost:** All materials are available for download at no cost. Printed copies are available from SAAVSUS. Training is available from SAAVSUS

3. American Foundation for Suicide Prevention

<https://afsp.org/>

a. More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel

- Listing:** SPRC-BPR (Previously)
- Description:** Developed by the American Foundation for Suicide Prevention, More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel is designed to help educators better understand suicidal behavior in adolescents, including its causes, treatment and prevention. The program is also suitable for parents and other adults who care for or work with youth
- Target:** Youth age 14-18, educators and school staff
- Content:** The program is built around two 25-minute DVDs: More Than Sad: Preventing Teen Suicide and More Than Sad: Teen Depression. The latter film, intended especially for teens, is used to show adults how a potentially life-threatening mental disorder can present in teens. Also included are a 42-page instructional manual for program participants and slides for teacher trainers.
- Cost:** Course materials available online-no cost. More Than Sad/Teen Depression 2-part DVD=\$60

b. It's Real – College Students and Mental Health

- Listing:**
- Description:** The AFSP-produced film It's Real: College Students and Mental Health is designed to raise awareness about mental health issues commonly experienced by students, and is intended to be used as part of a school's educational program to encourage help-seeking.
- Target:** College students
- Content:** By featuring real stories and experiences, It's Real conveys that depression and other mental health conditions are real illnesses that can be managed through specific treatments and interventions. It encourages students to be mindful of the state of their mental health, to acknowledge and recognize when they are struggling, and to take steps to seek help.
- Cost:** \$80 or online access

c. Signs Matter: Early Detection

- Listing:**
- Description:** Signs Matter: Early Detection will show educators how and when to express concern and refer students to counseling staff or administration.
- Target:** School staff
- Content:** A close look at the most common mental health problems and how they typically present in a school setting; Real-world scenarios in an elementary, middle and high school setting to help you better identify students in need of help; An online evidence-based assessment tool to ensure that all participants have gained an understanding of the material covered; Resources for understanding a school's role in suicide prevention; Review of legal requirements for schools to keep in mind
- Cost:** Program Costs (all costs per participant license); \$35 (Individual) / \$25 (50-99) / \$15 (100-199)/\$10 (200-499) / \$6 (500-999) / \$4 (1000 or more)

4. American Indian Life Skills Development / Zuni Life Skills Development

<https://uwpress.wisc.edu/books/0129.htm>

Listing: NREPP (Legacy) and SPRC (Previously)

Description: A school-based suicide course for high school students and some middle school students that is designed to reduce suicidal thinking and behavior. Created in collaboration with students and community members from the Zuni Pueblo and the Cherokee Nation of Oklahoma, this curriculum addresses key issues in Native American Indian adolescents' lives and teaches such life skills as communication, problem solving, depression and stress management, anger regulation, and goal setting.

Target: Adolescents aged 14 to 19, and has been replicated with middle school students. Urban, rural and/or frontier and tribal.

Cost: Manual is available for \$39.95. Training for school staff about \$18,000 for a 3-day training. Contact Teresa LaFromboise, Ph.D., at lafrom@stanford.edu.

5. Ask About Suicide to Save a Life

<http://www.sprc.org/resources-programs/ask-about-suicide-save-life>

Listing:

Description: ASK about Suicide to Save a Life is a 1.5 to 4-hour workshop for adults who interact with youth or adults at risk for suicide. The program provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. Participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and how to intervene with a person they think might be at risk for suicide.

Target: Adults who work with all age youth.

Content: Using role-playing, participants practice asking other participants about suicidal thoughts, feelings, and intentions. Participants are trained to respond to someone expressing direct suicidal communication by seeking emergency care. Participants are also trained to gather more information about a person's risk and take action consistent with that risk if they identify a person who is not acutely suicidal. Length of the training depends on which training modules are used.

Cost: ASK condensed PowerPoint, 1-hr video, ASK Mobile app tool and ASK 2-page handout available at no cost at TexasSuicidePrevention.org. In-person training, expanded versions for targeted groups, and ASK instructor trainings available for a fee. Contact Mental Health America of Texas for more information.

6. Break Free From Depression: A Curriculum Addressing Adolescent Depression

<http://www.childrenshospital.org/breakfree>

Listing: SPRC-BPR (Previously)

Description: A 4-lesson (approximately 4-hour total) classroom curriculum that increases student knowledge of depression and suicide and promotes help-seeking for students in grades 8-12. It was developed by the Swensrud Depression Prevention Initiative (SDPI) of the Children's Neighborhood Partnerships Program at Boston Children's Hospital.

Target: Youth in grades 8-12

Content: Curriculum is divided into 4 sessions that can be taught by regular classroom teachers, guidance counselors, adjustment counselors, and/or school nurses. It is strongly recommended that anyone planning to teach the curriculum attend a train-the-trainer workshop offered throughout the school year by the SDPI team.

Cost: There is no charge for the materials once the training (also no-cost) has been completed. This training is online for presenters. [This curriculum is now available online.](#)

7. College Online Screening Package

<https://www.mindwise.org/shop/new-online-screening-package-p-em-also-available-in-spanish-em-p/>

Listing:

Description: Online screening tool

Target: College students
Content: The college years are an exciting time of personal growth, but they can also bring academic, social, and financial pressures, which can worsen underlying mental health and substance use issues. By taking a brief MindWise Screening, students can learn if they have a behavioral health issue and learn signs and symptoms.
Cost: \$600 - \$120

8. Connect®

<http://theconnectprogram.org/>

Listing: SPRC-BPR (Previously)

Description: Connect® Suicide Prevention/Intervention Training increases the capacity of professionals and communities to prevent suicide across the lifespan. Connect® uses a public health approach and incorporates key elements of the National Suicide Prevention Strategy. Connect uses a unique holistic model and offers a community planning component.

Connect®'s curriculum includes how to identify suicide warning signs and intervene with a person at risk. Building on that foundation, Connect® focuses on the community as a whole and how to work across systems to build a safety net for people at risk. A second day optimizes the training by facilitating the development of a suicide prevention plan in the context of the community's resources and culture.

Target: High school youth

Content: Prevention training – one six-hour day; Planning – one day; Train-the-Trainer – three days.

Cost: For prices and more information, please contact [The Connect Program](#), 85 N. State Street, Concord, NH 03301 or (603)225.5359.

9. Erika's Lighthouse

<https://www.erikaslighthouse.org/>

Listing: SPRC-BPR (Previously)

a. Erika's Lighthouse Program for High School Students

Description: "A teacher-led video based program that takes a deeper look at suicide and depression and explores strategies for good mental health."

Target: High school students

Content: Program content is based on research that shows that: depression is common among adolescents; it is a major risk factor for youth suicide; it is a diagnosable mental disorder with specific symptoms; it is treatable and friends are often the first to know about a friend's depression.

Cost: Video and study guide are available free of charge online.

b. Depression Awareness for Middle School Students

Description: "A teacher-led video based program that provides middle school students with an introduction to depression and good mental health."

Target: Middle school students

Content: Program content is based on research that shows that: depression is common among adolescents; it is a major risk factor for youth suicide; it is a diagnosable mental disorder with specific symptoms; it is treatable and friends are often the first to know about a friend's depression.

Cost: Video and study guide are available free of charge online.

c. A Teen Depression Toolkit

Description: Online toolkit

Target: High school students

Content: Toolkit includes: signs of depression, coping skills, information about treatment and resources.

Cost: Free

d. The Parent Handbook on Childhood and Teen Depression

Description: A parent to parent guide on understanding your child's depression.

Target: Parents of children/teens with depression

Content: Warning signs and risk factors as well as information about finding the right help for your child, dealing with the schools and insurance issues.

Cost: Free

10. Kognito

<https://kognito.com/>

a. At-Risk for Faculty and Staff

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach college faculty how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to the appropriate mental health professionals.

Target: College faculty, administration and staff

Content: Learners assume the role of a professor concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies to achieve positive outcomes.

Cost: Sold as an annual license. Individual licenses cost about \$32.00 per learner. Building and district-wide licensing are also available. Contact Kognito for more information.

b. At-Risk for College and University Students

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: A 30-minute online, interactive gatekeeper training program that uses virtual role-play to help students and student leaders identify, approach, and refer at-risk peers. In this simulation, users assume the role of a university student and engage in an interactive conversation with a fully animated, virtual student exhibiting signs of depression, suicidal thoughts, anxiety, and drug abuse.

Target: College students

Content: Users are introduced to a group of virtual friends where they learn about the signs of psychological stress and how to talk to a friend and offer assistance and resources.

Cost: Sold as an annual license. Individual licenses cost about \$32.00 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

c. At-Risk for High School Educators

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach high school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.

Target: High school faculty, administration and staff

Content: Learners assume the role of a teacher concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies to achieve positive outcomes.

Cost: Sold as an annual license. Individual licenses cost about \$32.00 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

d. At-Risk for Middle School Educators

Listing: SPRC-BPR (Previously)

Description: A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach middle school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.

Target: Middle school faculty, administration and staff

Content: Learners assume the role of a teacher concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies to achieve positive outcomes.

Cost: Sold as an annual license. Individual licenses cost about \$32.00 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

e. At-Risk for Elementary School Educators

Listing:

Description: A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students and parents to teach elementary educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students and parents to discuss their concern; and make a referral to school support services.

Target: Elementary students

Content: Users learn warning signs of distress and examine several case studies. While not expected to diagnose, educators are in an excellent place to spot warning signs and refer to mental health professionals.

Cost: Dependent upon number of licenses purchases. Can be as low as \$2/person.

f. Friend2Friend

Listing:

Description: Friend2Friend is a 25-minute, online, interactive training program for high school students. In the training, users assume the role of a high school student concerned about a friend and engage in a simulated conversation with this friend.

Target: High school students

Content: Users learn and practice effective conversation strategies for broaching the topic of psychological distress, motivating the peer to seek help, and avoiding pitfalls, such as giving unsolicited advice and criticizing.

Cost: Dependent upon number of licenses purchased. Can be as low as \$2/person.

g. Step In, Speak Up! Supporting LGBTQ Students (for secondary schools) or LGBTQ On Campus for Students (for colleges and universities)

Listing: SPRC-BPR (Previously)

Description: In the training, users assume the role of an educator and engage in scenarios address common challenges affecting educators and their students who may be struggling with psychological distress and suicidal ideation related to harassment or exclusion related to sexual identity, sexual orientation or other differences. By addressing the common challenges facing LGBTQ or other vulnerable students, teachers and staff will create a more supportive academic environment for all students and support prevention and early intervention through effective referrals.

Target: Middle and high school faculty, administration and staff or second version for college campuses

Content: 25-minute, online, interactive training simulation intended for use by teachers and school staff.

Cost: Sold as an annual license. Individual licenses cost about \$32.00 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

11. LEADS for Youth: Linking Education and Awareness of Depression and Suicide

<https://save.org/what-we-do/education/leads-for-youth-program/>

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: Designed to increase knowledge of depression and suicide and suicide prevention resources, modify perceptions of depression and suicide, and improve intentions to engage in help-seeking behaviors. The curriculum addresses such topics as depression and its symptoms, the link between depression and suicide, the risk and protective factors associated with suicide, the warning signs, seeking help and overcoming barriers to seeking help, and school and community suicide prevention resources.

Target: High school students, grades 9-12.

Content: Teachers implement the curriculum for 1 hour a day over 3 days. Each session includes classroom lecture, individual and group activities, and small-group discussions, followed by activities and homework outside of school. The intervention incorporates technology-based activities that resonate with youth.

Cost: \$125 per unit, available as CD and Teacher's Guide. Additional technical assistance is available upon request. Please call 952-946-7998 for questions or more information.

12. Lifelines (Comprised of three unique components) (New and updated)

<http://www.hazelden.org/web/public/lifelines.page>

a. Lifelines: Prevention: Building Knowledge and Skills to Prevent Suicide

Listing: SPRC-BPR (Previously)

Description: Lifelines educates students on the facts about suicide and students' role in suicide prevention. It provides information on where to find suicide prevention resources in the school and community. Training materials are included for faculty and staff that provide accurate and practical information on identifying and referring students who might be at risk for suicide. Lifelines also includes a presentation for parents that answers questions about youth suicide and prevention, and it involves them in the school's suicide prevention activities. Updated version includes:

- Updated language to reflect today's youth culture and best practices
- Content covering social media's influence on suicide prevalence
- New videos and handouts on suicide warning signs and how to do a warm handoff

Target: Grades 5 -6; 7 - 10 and 9 - 12

Content: Training for students, administrators, faculty, support staff & parents. Student curriculum 4, 45-minute lessons. Manual, 3 Videos on 2 DVD's and USB drive

Cost: Implementation package, \$240

b. Lifelines Intervention: Helping Students at Risk for Suicide

Listing: NREPP (Legacy) and SPRC –BPR (Evidence of Effectiveness)

Description: Designed to facilitate intervention with, and referral of, potentially at-risk students by providing school resource staff with a manualized approach to the assessment and referral process. Provides clear guidance on how best to involve parents and guardians as partners and explains how to gather collateral information about a student's risk for suicide and address specific topics. Other topics addressed include the challenges presented by bullied students, members of sexual minorities and students in gifted or special education classes. The curriculum is a comprehensive, school-wide suicide prevention program for middle and high schools.

Target: Grades 5 -6; 7 - 10 and 9 - 12

Content: Manual, DVD and USB drive

Cost: \$165

c. Lifelines Postvention: Responding to Suicide and Other Traumatic Death

Listing: SPRC-BPR (Previously)

Description: This comprehensive, whole-school, best-practices manual is designed for middle and high school communities. This unique program educates everyone in the school community on how to successfully address and respond to not only suicide, but any type of traumatic death that profoundly affects the school population.

Target: Grades 5 -6; 7 - 10 and 9 - 12

Content: With in-depth references and detailed plans, this resource outlines a response strategy that reflects the challenges schools face in dealing with a death within the school community. Also included are references and support materials that allow school leaders to recognize and reduce the risk of suicide contagion (or "copycat") behavior within the school. Manual, DVD and USB drive

Cost: \$125

13. LivingWorks

<https://www.livingworks.net/>

a. ASIST (Applied Suicide Intervention Skills Training), a Living Works Program

Listing: NREPP (Promising) and SPRC-BPR (Evidence of Effectiveness)

Description: A 2-day (required), two trainer skill building workshop that prepares caregivers of all types to provide suicide first aid interventions. As an ASIST-trained first aid intervention caregiver, you will be better able to: identify people who have thoughts of suicide; understand how your beliefs and attitudes can affect suicide interventions; seek a shared understanding of the reasons for thoughts of suicide and the reasons for living; review current risks and develop a plan to increase safety

from suicidal behavior for an agreed amount of time; and follow up on all safety commitments, accessing further help as needed.

- Target:** Adults, professionals, volunteers and informal community helpers.
Content: Small group discussions, skill practice and video demonstrations.
Cost: Depends upon the organization hosting. Materials cost about \$42.00 per person.

b. ASIST the Trainer

- Listing:** SPRC-BPR (Previously)
Description: A five-day (minimum) course that prepares local resource persons to be trainers of the ASIST workshop.
Target: Local resource persons to be trainers of the ASIST workshop.
Content: Coaching, independent study, group presentations, lectures and seminars.
Cost: Training for Trainers (5 days) includes all costs for instructors, materials, and host-site requirements \$2,885.

c. safeTALK, Suicide Alertness for Everyone, a Living Works program

- Listing:** SPRC-BPR (Previously)
Description: A training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.
Target: Anyone over age 15 to educate them to assist persons with suicidal ideation to obtain suicide first aid resources (Tell, Ask, Listen, Keepsafe).
Content: A half-day alertness training including video clips illustrate alert and non-alert responses; discussion; and practice.
Cost: Depends upon the organization hosting. Materials are \$7.75 per person.

d. safeTALK, Train the Trainer

- Listing:** SPRC-BPR (Previously)
Description: safeTALK Training for Trainers (T4T) is a two-day course that prepares attendees to facilitate safeTALK workshops.
Target: T4T enrollment offers an opportunity to make a meaningful, long-term commitment to suicide prevention in a community or organization. However, becoming a safeTALK trainer also requires the investment of considerable time and resources. Please note: candidates must have attended the two-day ASIST workshop prior to the safeTALK T4T.
Content: Here are some of the factors that tend to increase the likelihood of becoming a successful safeTALK trainer:
 - You are a skilled presenter
 - You have good group facilitation skills
 - You are committed to promoting suicide safety through open and direct discussion
 - You are proficient with PowerPoint (if you want to customize the safeTALK experience)**Cost:** The cost of attending a T4T varies by region. Many schools, agencies, and organizations are willing to sponsor or subsidize this cost.

e. esuicideTALK – First Living Works Online Course (NEW as of 2019)

- Listing:**
Description: esuicideTALK uses a virtual classroom environment to explore questions around suicide, its causes, and how it can be prevented through open and honest discussion. Modeled on the face-to-face suicideTALK awareness presentation, esuicideTALK is ideal for businesses and large organizations aiming to raise awareness about suicide among their employees or members
Target: Anyone 15 or older who wants to make a difference.
Content: **In 90 minutes this course examines:**
 - Why people experience thoughts of suicide

- Encourages open discussion about suicide and attitudes toward it
- Explores ways people can help to prevent suicide

Compatibility: esuicideTALK is designed for both Windows and Mac platforms. It requires an internet connection to use and is compatible with Internet Explorer 9, Firefox 8, Chrome 15, and Safari 5.1.2 or newer.

Cost: \$20/individual or organizations can purchase an unlimited number of licenses they can distribute in their communities by using the License Request form.

f. LivingWorks START – LivingWorks Online Course

<https://www.livingworks.net/start>

Listing:

Description: In just one hour online, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connect them to help and support.

COVID-19 update: In this difficult time, people are struggling with increased stress and anxiety. Suicide prevention skills are needed more than ever, and we're doing our part to help by offering LivingWorks Start at a reduced price and donating a portion of all proceeds to relief efforts.

Target: LivingWorks Start teaches valuable skills to everyone 13 and older and requires no formal training or prior experience in suicide prevention.

Content: **In this 60-minute course:** When you sign up for LivingWorks Start training, you'll learn a powerful four-step model to keep someone safe from suicide, and you'll have a chance to practice it with impactful simulations.

Compatibility: This website is not optimized for Internet Explorer browsers. For best performance, we recommend using Google Chrome, Safari, Mozilla FireFox or Microsoft Edge.

Cost: \$20/individual

14. QPR: Question, Persuade and Refer

<https://qprinstitute.com/>

a. QPR Online Gatekeeper Training

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: One-hour online gatekeeper training covering the common causes of suicidal behavior; the warning signs of suicide; how to Question, Persuade and Refer someone who may be suicidal; and how to get help for someone in crisis.

Target: Adults learn to recognize the warning signs of suicide and to question, persuade and refer someone to help.

Content: Online materials and quizzes with periodic follow-ups reminding participants to refresh their training online. In-person training also available.

Cost: \$29.95 for individual online training; bulk online training and in-person training available for groups.

b. QPR Gatekeeper Trainer Certification Course

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: Certification Self-Study 8 hour course to Teach QPR to their community

Target: Community members who want to teach QPR

Content: Participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. Each participant has the opportunity for individual rehearsal and practice through role-plays.

Cost: \$495 for 3-year certification plus cost of training materials for 25, which can be passed on to the participants.

c. QPRT Suicide Risk Assessment and Management Training

- Listing:** SPRC-BPR (Previously)
- Description:** Designed to standardize the detection, assessment, and management of patients at elevated risk for suicidal behaviors in all settings and across the age span.
- Target:** For professionals who may evaluate, assist, counsel or treat potentially suicidal persons, including counselors, psychologists, nurses, and social workers.
- Content:** 8-12 hours online to evaluate, assist, counsel or treat potentially suicidal persons – a tool that is uniquely designed to gather critical information about a person's status at intake and to establish a safety and intervention plan.
- Cost:** Costs vary depending on the type of training. Online course for one person, \$149.

d. QPR Suicide Triage Training

- Listing:** SPRC-BPR (Previously)
- Description:** Certification Self-Study 6- 10 hour course to help law enforcement protect and serve suicidal people.
- Target:** This course is for those on the “front lines” of suicide prevention: crisis volunteers and professionals, 911 and 211 operators, I&R workers, clergy, school counselors, case managers, occupational therapists, health care workers or anyone who is likely to come into first contact with someone who may be suicidal. Often times this first contact may be in a clinical care or first responder setting.
- Content:** This interactive course teaches you how to detect and interview people in crisis, how to determine if they are suicidal, how to assess immediate risk of suicide, as well as how to immediately reduce the risk of a suicide attempt or completion through a safety planning and referral process
- Cost:** \$119

e. QPR School Health Professional Training

- Listing:** SPRC-BPR (Previously)
- Description:** Certification Self-Study 3 – 4 hours online
- Target:** School health professionals
- Content:** This training program is for School Health Professionals and other counselors who identify, screen and refer at-risk persons for further assessment and care. This course is not a suicide risk assessment training program, but an extended version of the NREPP-listed QPR Gatekeeper Trained for Suicide Prevention best practice program.
- Cost:** \$79

15. Reconnecting Youth Inc.

<http://reconnectingyouth.com>

a. CAST (Coping and Support Training)

http://www.reconnectingyouth.com/cast/what_main.html

- Listing:** SPRC-BPR (Previously)
- Description:** High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression, but can be used for all teens. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. The CAST program goals are to increase mood management, improve school performance and decrease drug involvement.
- Target:** Adolescents aged 14-18 in grades 9-12. Urban and suburban (currently being tested with middle school-aged students). Evaluated with racially and ethnically diverse groups of high school youth at risk of dropping out of school.
- Content:** Twelve, 55-minute group sessions administered over 6 weeks by trained high school teachers, counselors, or nurses with considerable school-based experience.

Cost: Curriculum kit - \$450; student notebooks - \$24.00/each (bulk rates available)

b. Reconnecting Youth: A Peer Group Approach to Building Life Skills

Listing: NREPP (Legacy) and SPRC-BPR (Previously)

Description: Teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. Eligible students must have either fewer than average credits at their grade level, high absenteeism and a significant drop in grades during the prior semester or a record of dropping out of school. 75 lessons typically taught as a semester-long, for-credit course.

Target: Adolescents aged 14 - 19

Content: Social and school bonding activities to improve relationship and increase repertoire of safe, healthy activities; development of a crisis response plan detailing the school's suicide prevention approaches; and parent involvement including consent for their teen's participation and ongoing support of their teen's RY goals.

Cost: Curriculum kit - \$320/each; student workbooks - \$32/each; Also available – classroom posters, agenda posters program goals' posters and evaluation materials. Other materials also available.

16. Response: A Comprehensive High School-based Suicide Awareness Program (3rd Edition)

<http://www.columbiacare.org/response.html>

Listing: SPRC-BPR (Previously)

Description: RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide.

Target: High school staff, students and parents

Content: Components include: 1) an Implementation manual with step by step instructions for administrators, 2) a student component with 4 50-minute lesson plans, and 3) an in-service manual with complete instructions on delivering a 2-hour staff training.

Cost: School Kit: \$425, Additional Teacher Manual: \$137.50, Optional Parent Workshop: \$175, Additional In-Service Manual: \$137.50.

17. Screening for Mental Health Inc. (MindWise)

<http://www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/>

a. SOS High School & Renewal Program (Signs of Suicide)

Listing: NREPP (Evidence of Effectiveness) and SPRC-BPR (Previously)

Description: Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff. (SOS now also offers a Self-Injury Prevention program.)

Target: High school (grades 9 – 12)

Content: A two-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult.

Cost: High school or middle school materials include an implementation guide, DVD and portal access to materials for download including posters, newsletters, and wallet cards. One-year license for either the high school or middle school materials \$495. Renewal program is \$150 for those that have already implemented the SOS High School Program.

b. SOS Middle School & Renewal Program

Listing: NREPP (Evidence of Effectiveness) and SPRC-BPR (Previously)

Description: Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff. (SOS now also offers a Self-Injury Prevention program.)

- Target:** Middle School (grades 6 – 8)
- Content:** A two-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult.
- Cost:** High school or middle school materials include an implementation guide, DVD and portal access to materials for download including posters, newsletters, and wallet cards. One-year license for either the high school or middle school materials \$495. Renewal program is \$150 for those that have already implemented the SOS Middle School Program.

c. **Second Act: Preparing for Life Beyond High School**

- Description:** “**Second ACT Program** reinforces the signs of depression and suicide, and graduates the ACT technique (Acknowledge, Care, Tell → Acknowledge, Care, Treatment) for upperclassmen preparing to take charge of their mental health as they transition to college to work.”
- Target:** High school upperclassmen getting ready to transition beyond high school
- Content:** The program includes:
- A step-by-step implementation guide and comprehensive planning materials
 - An educational video (DVD and streaming video) and discussion guide for students
 - Two tools to identify students in need: a validated adolescent depression screening tool and response cards that encourage help-seeking
 - Newsletters for students and parents
 - A one-year license for the SOS online portal that allows implementers to stream video, download and reproduce materials and engage directly with parents. Parents can access the portal to learn about youth suicide prevention, sample SOS Program videos, and take an online mental health screening on behalf of their child.
- Cost:** \$250

d. **The SOS® Signs of Suicide Online Gatekeeper Training – Plan, Prepare, Prevent**

- <http://www.mentalhealthscreening.org/Gatekeeper/>
- Listing:** SPRC-BPR (Previously)
- Description:** This is a training module of the larger SOS® Signs of Suicide Prevention Program. It can also be used independently of the SOS® Program. The intended audience for this course is middle and high school staff members, or staff at other organizations looking to deepen their understanding of youth mental health and considering implementing an evidence-based program.
- Target:** Middle and high school staff members
- Content:** The course takes approximately 90 minutes to complete, and has videos and interactive quizzes throughout the three sections. The course offers contact hours for licensure for school nurses, social workers, psychologists, and counselors. It also offers a Certificate of Completion for anyone who completes the course.
- Cost:** This online training is included in the SOS® Program at no additional charge. Organizations not currently using the SOS® Program may gain free access to the online training.

18. Society for the Prevention of Teen Suicide

<http://www.sptsusa.org/>

a. **Making Educators Partners in Youth Suicide: ACT on FACTS**

- Listing:** SPRC-BPR (Previously)
- Description:** This is the **2018-19 NATIONAL VERSION** of their flagship educational offering. Upon completion of this accredited 2-hour activity you will receive a certificate of completion. In many states and localities, the two hours of training may be recognized as professional development or fulfill legislative requirements.
- Target:** Educators and school staff

Content: Two-hour online course
Cost: No cost - available online from the Society for the Prevention of Teen Suicide

b. Training of Trainers: Making Educators Partners in Youth Suicide Prevention

Listing: SPRC-BPR (Previously)
Description: 90 minutes of instruction, trainer manual, flash drive with video clips and other trainer materials, and access to a learning collaborative for ongoing support. This workshop prepares participants to provide Making Educators Partners in Youth Suicide Prevention (MEP). Trainer candidates must complete the two-hour online Act on Facts: Making Educators Partners in Youth Suicide Prevention at <http://sptsuniversity.org/> prior to participating in the Training of Trainers. Up to 30 trainer candidates may participate.
Target: Educators and school staff
Content: 90-minute online course
Cost: No cost - available online from the Society for the Prevention of Teen Suicide

19. Sources of Strength

<http://www.sourcesofstrength.org>

Listing: NREPP (Legacy) and SPRC-BPR (Previously)
Description: A universal suicide prevention program designed to build socioecological protective influences among youth to reduce the likelihood that vulnerable high school students will become suicidal.
Target: High school students
Content: Students are trained as peer leaders and connected with adult advisors at school and in the community. With support from the advisors, the peer leaders conduct well-defined messaging activities intended to change peer group norms influencing coping practices and problem behaviors. It is also designed to modify the knowledge, attitudes and behaviors of the peer leaders themselves.
Cost: \$5,000 per school or community team per year (for years 1 and 2 of implementation) plus travel expenses; and \$2,500 per school or community team for year 3 of implementation, plus travel expenses; \$500 annual affiliation fee and on-site regional training \$500-\$1200 per team plus travel. Peer leader guides \$25/ for 50.

20. Suicide Prevention among LGBT Youth

<http://www.sprc.org/training-institute/lgbt-youth-workshop>

Listing: SPRC-BPR (Previously)
Description: Suicide Prevention among LGBT Youth: A Workshop for Professionals Who Serve Youth is a free workshop kit to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among lesbian, gay, bisexual, and transgender (LGBT) youth. Organizers are welcome to shorten or lengthen the suggested four-hour format.
Target: Adults who work with youth
Content: Topics covered include suicidal behavior among LGBT youth, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase school or agency cultural competence. The kit contains everything you need to host a workshop: A Leader's Guide, sample agenda, PowerPoint presentations, sample script, and handouts. The workshop includes adaptable lecture, small group exercises, and group discussion.
Cost: No charge, available for download from the link above.

21. The PAX Good Behavior Game: An Effective Classroom Tool for Suicide Prevention

<http://goodbehaviorgame.org/>

Listing: NREPP (Legacy)
Description: The PAX Good Behavior Game (PAX GBG) is an environmental intervention used in the classroom with young children to create an environment that is conducive to learning. The intervention is designed to reduce off-task behavior; increase attentiveness; and decrease aggressive and

disruptive behavior and shy and withdrawn behavior. The intervention also aims to improve academic success, as well as mental health and substance use outcomes later in life. PAX GBG evolved from the original Good Behavior Game developed and studied with fourth-graders in the 1960s.

In June 2017, the Injury Control Research Center for Suicide Prevention (ICRC-S) hosted a webinar on the effectiveness of the Good Behavior Game as a classroom tool for suicide prevention.

Target: Ages 6-12

Cost: Classroom kits cost \$235-\$299, on-site training is \$2,900 per day plus travel

22. Yellow Ribbon

www.yellowribbon.org

a. Ask 4 Help!

Listing: SPRC-BPR (Previously)

Description: Developed by Yellow Ribbon, Ask4Help! is a one-hour high school-based curriculum that provides students with knowledge that may increase help seeking for themselves or others.

Target: High school students

Content: Includes a wallet card that includes: risk factors and warning signs of suicide; school and community referral points; and the National Suicide Prevention Lifeline phone number.

Cost: Direct training costs vary depending upon location and number of participants. Program toolkit is available for \$350.

b. Be a Link!

Listing: SPRC-BPR (Previously)

Description: Developed by Yellow Ribbon, Be a Link! is a two-hour adult gatekeeper training. Provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate resources.

Target: Adults working with youth

Content: PowerPoint presentation and a trainer's manual.

Cost: Direct training costs vary depending upon location and number of participants. The toolkit is available for \$350.

23. Youth Suicide Prevention Program (YSPP) Now hosted by the Crisis Clinic of King County, Washington State

a. Helping Every Living Person (H.E.L.P.)

<https://www.crisisconnections.org/get-training/schools/>

Listing: SPRC-BPR (Previously)

Description: Developed by the Youth Suicide Prevention Program (YSPP in Washington State), based on the American Association of Suicidology (AAS) guidelines. Containing four, 45-minute lessons (best used in addition to a school-wide approach). Topics include stress and healthy coping skills, depression and its impact on teen's lives, the causes and warning signs of suicide, and skills to intervene with a possibly suicidal friend.

Target: 9th-12th grades (see Look Listen Link below for middle school)

Content: Activities call for discussion and problem solving and involve issues that students are currently dealing with, such as keeping confidences.

Cost: \$250

b. Look Listen Link

<https://www.crisisconnections.org/get-training/schools/>

Listing: SPRC-BPR (Previously)

Description: Developed by the Youth Suicide Prevention Program (YSPP in Washington State), based on the American Association of Suicidology (AAS) guidelines. Containing four, 45-minute lessons. Topics include stress, anxiety, depression, suicide prevention, and skills to help a friend who may be struggling with these issues.

Target:	6th-8th grades (see Helping Every Living Person above for high school)
Content:	Includes interactive exercises, classroom discussion, role-play practice, and observation that is based on issues relevant to students.
Cost:	\$250

c. Riding the Waves

<https://www.crisisconnections.org/get-training/schools/>

Listing:

Description: Riding the Waves is developmentally appropriate for 5th grade students and taught by elementary school counselors. Lessons will address healthy emotional development, depression, and anxiety. This curriculum's overarching goal is to build the emotional skills within children to prevent suicide at its earliest stages.

Target: 5th graders

Content Each of the 12 short (20-40 minute) lessons in Riding the Waves includes interactive discussions and skill-building activities emphasizing the importance of coping and social skills like emotions management, problem solving, distress tolerance, and interpersonal effectiveness.

Cost: \$250

V. GUIDELINES & PROTOCOLS

A. A Model School Policy

The Model School District Policy on Suicide Prevention gives educators and school administrators comprehensive way to implement suicide prevention policies in their local community. In collaboration with the American School Counselor Association, the National Association of School Psychologists, and The Trevor project, the program is research-based, and easily adaptable for middle and high schools. There are specific, actionable steps to support school personnel; sample language for student handbooks; suggestions for involving parents and guardians in suicide prevention; and guidance for addressing in-school suicide attempts.

In addition to educators and school leaders, school-based mental health professionals such as counselors and psychologists are essential in putting a policy into practice to enhance the whole school environment.

<https://afsp.org/our-work/education/model-school-policy-suicide-prevention/>

B. *After Rural Suicide: A Guide for Coordinated Community Postvention Response (2016)*

This guide was created to support California's rural counties with developing a formal, locally-controlled, and coordinated effort in responding to the community after a suicide has occurred. The primary audiences are county and local behavioral and public health agencies, law enforcement, and existing suicide prevention coalitions or task forces.

Others, such as peer support programs and community-based organizations, may also find it helpful. Although developed for California counties, guidance is applicable to any community planning a response to a suicide or suicides. The Word version is customizable to local rural communities. <http://www.sprc.org/resources-programs/after-rural-suicide-guide-coordinated-community-postvention-response>

C. *Best Practice Recommendations for a District/School Suicide Strategies*

In January 2018, a large group of district and community mental health providers from Colorado schools and the community spent a day discussing best practice components of a district/school suicide strategy and resources used by many of these districts. The notes from that meeting with links to the resources can be found here:

http://cdpsdocs.state.co.us/safeschools/Resources/Suicide_ToolKit/SSRWG.1.26.18.meeting.notes.pdf

D. For Journalists

The [American Foundation for Suicide Prevention](#) has a number of documents for journalists:

- [Key statistics about suicide across the nation](#)
- [Recommendations for reporting on suicide](#)
- [Key briefings for the press on how to report on suicides](#)

The [Colorado Department of Public Health & Environment's, Office of Suicide Prevention](#), also has key information about suicide in Colorado as well as a [media guide](#). <https://www.colorado.gov/cdphe/categories/services-and-information/health/prevention-and-wellness/suicide-prevention>

E. Recommendations for School-Based Suicide Prevention Screening

These recommendations were developed by the Lessons Learned Working Group (LLWG), a partnership of multiple agencies and key stakeholders in suicide prevention. Available from the Suicide Prevention Resource Center at: http://www.sprc.org/library_resources/items/recommendations-school-based-suicide-prevention-screening.

F. Recommendations for: Youth Suicide Prevention Training for Early Identification and Referral (Gatekeeper Training)

Developed by the Lessons Learned Working Group (LLWG), this document provides research-based recommendations for those interested in selecting or developing, and then implementing a gatekeeper training program to prevent suicide. Because these recommendations are based on research and evaluation and informed by lessons learned from grantees, the LLWG believes they are likely to improve the effectiveness of gatekeeper training for youth suicide prevention. Available from the Suicide Prevention Resource Center at: <http://www.sprc.org/resources-programs/recommendations-youth-suicide-prevention-training-early-identification-and>

G. Responding to a Cry for Help: Best Practices for Online Technologies

Provides recommendations for the development of policies and resources that decrease suicide risk amongst users of online technologies. Officials from online technology companies and suicide prevention professionals created the recommendations, which were further refined through a review of relevant literature and additional expert review. The initial meeting was conducted by Daniel Reidenberg of Suicide Awareness Voices of Education (SAVE) and officials from Facebook, Google, YouTube, Microsoft, Tumblr, Twitter, WordPress, Yahoo, the National Suicide Prevention Lifeline, the Suicide Research Unit—Medical University of Vienna, and the Substance Abuse and Mental Health Services Administration. Available for no charge at: <http://topreventtheattempt.com/>

H. Talking About Suicide & LGBT Populations Guide

A community-based resource for talking about suicide in ways that minimize contagion risk while at the same time expanding public conversations about the well-being of lesbian, gay, bisexual and transgender (LGBT) people, promoting the need for family support and acceptance, and encouraging help-seeking by LGBT people who may be contemplating suicide. This guide was created through the collaboration of multiple organizations and is also available in Spanish. It may be downloaded at: <http://www.lgbtmap.org/talking-about-suicide-and-lgbt-populations>.

I. Youth Suicide Prevention, Intervention, and Postvention Guidelines: A Resource for School Personnel

Developed for school personnel in Maine but are suitable for schools anywhere. The manual provides rationale for developing protocols and includes discussion on planning for school-based suicide prevention, intervention and postvention. The manual contains a self-assessment, “Is Your School Prepared to Manage Suicidal Behavior?” and numerous appendices, including sample forms for documentation, announcements, issues to consider when a student returns following a mental health-related absence, media guidelines, and other resources. Available free online at: <http://www.maine.gov/suicide/professionals/program/index.htm>.

VI. SCREENING TOOLS & TOOLKITS

A. Columbia Severity Rating Scale

The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. Users of the C-SSRS tool ask people:

- Whether and when they have thought about suicide (ideation)
- What actions they have taken — and when — to prepare for suicide (behaviors)
- Whether and when they attempted suicide or began a suicide attempt that was either interrupted by another person or stopped of their own volition
- Free training is offered online. CSSRC recommends this for anyone utilizing the C-SSRS.

<http://cssrs.columbia.edu/the-columbia-scale-c-srs/about-the-scale/>

B. Postvention: A Guide to Suicide on College Campuses

“This resource is intended for use by colleges and universities that are affected by and/or want to be prepared for campus crises and campus deaths. Suicide Postvention efforts address the need for predetermined strategies to

effectively and sensitively respond to campus deaths after they occur.” This publication was prepared by the Higher Education Mental Health Alliance.

<http://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf>

C. Preventing Suicide: A Toolkit for High Schools

Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. It is worth reviewing by middle and elementary school personnel as well and developmentally adapted for those populations. This Toolkit includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students. Available at no charge from the Substance Abuse and Mental Health Services Administration (SAMHSA) at: <http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

D. Student Mental Health and the Law- A Resource for Institutions of Higher Education

“The goal of this document is to provide all campus professionals with a summary of applicable laws and professional guidelines, as well as related good practice recommendations (highlighted in text boxes), to support well-informed decision-making around students at risk.” This publication was developed by the JED Foundation and published in 2008.

<http://www.jedfoundation.org/wp-content/uploads/2016/07/student-mental-health-and-the-law-jed-NEW.pdf>

VII. ADDITIONAL RESOURCES

Colorado School Safety Resource Center – Suicide Resources

<https://www.colorado.gov/pacific/cssrc/suicide>

The CSSRC has a number of suicide resources not listed in this guide. **The Center published an online course on *Suicide Risk Factors and Warning Signs* in July 2018.** You will find a link to the course at the Center’s website or [here](#).

Recommendations for Suicide Prevention and Related Risk Behaviors

<http://cdpsdocs.state.co.us/safeschools/Resources/Kerr%20Morning%20Keynote%20Handout%20recommendations%20on%20suicide%20and%20related%20risk%20behaviors,0.pdf>

By Mary Margaret Kerr, Ed.D., Professor of Child Psychiatry, Psychology in Education, and Administrative Policy Studies; Founding Co-Director, Services for Teens at Risk for Suicide (STAR-Center), University of Pittsburgh. Also accessible at this location is a recorded Livestream of Dr. Kerr discussing this report at the Youth Suicide Prevention and Intervention Symposium, November 29, 2012, in Aurora, Colorado.

Resources to Prevent Suicide Contagion

The International Association of Suicide Prevention lists a number of resources to prevent suicide contagion and clusters. This website also offers a learning community devoted to the issue of contagion and the latest research available.

https://www.iasp.info/resources/Clusters_and_Contagion_in_Suicidal_Behaviour/

Youth Nonideation Suicidality

<http://livestream.com/CSSRC/YouthSuicide-10-22-13>

By Russell Copelan, M.D., faculty member at Colorado Mesa University. Look at this location to access a recorded Livestream of Dr. Copelan discussing youth nonideation suicidality at the Youth Suicide Prevention and Intervention Symposium, October 22, 2013, in Grand Junction, Colorado. From this site you may also access Dr. Copelan’s article, “Adolescent Violence Screening in the Emergency Department,” published in the *American Journal of Emergency Medicine* in 2006.

VIII. THERAPEUTIC RESOURCES

A. Colorado Crisis Services

www.Coloradocrisiservices.org

Phone: **1.844.493.8255 (TALK) or Text: TALK to 38255**

Mission: This initiative created a foundation for the development of a comprehensive statewide behavioral health crisis care system for individuals, families, and communities. Designed to:

- ✓ Improve access to the most appropriate resources and services as early as possible

- ✓ Decrease the number of unnecessary involuntary civil commitments, utilization of hospital emergency departments, jails, prisons, and homeless programs for individuals experiencing a behavioral health emergency
- ✓ Promote recovery for the individual

Description: Key Service Components – Colorado Crisis Support Services

Statewide 24-Hour crisis + support line – Lines staffed by skilled professionals and Peers to assess and make appropriate referrals to resources and treatment.

Walk-in crisis services / crisis stabilization unit(s) – 24-hour Urgent care services with capacity for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide

Mobile crisis services – 24-hour Mobile crisis units with the ability to respond within one-hour in urban and two-hours in rural areas to a behavioral health crisis in the community for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide

Crisis Respite/Residential – A range of short-term crisis residential services (e.g., supervised apartments/houses, foster homes, and crisis stabilization services). Four Regions/Statewide. Check the website or call for more information.

B. Colorado Department of Human Services – Office of Behavioral Health, Community Behavioral Health

<https://www.colorado.gov/pacific/cdhs/behavioral-health>

3824 West Princeton Circle,
Denver, CO 80236-3111

Phone: (303) 866-7400 or outside the metro area: (800) 811-7648

Description: Provides information regarding mental health services to Coloradans of all ages who do not have mental health insurance coverage or who have Medicaid. Includes information about services provided by Community Mental Health Centers, Specialty Clinics, State Mental Health Hospitals (Institutes), Individual Providers, and Residential Placements. Is paid for with state fund dollars, federal grant dollars, state and federal Medicaid dollars, local government dollars, client fees, private insurance funds and private donations and grants. Is monitored by the Department of Human Services and Department of Health Care Policy and Financing.

C. The Second Wind Fund, Inc.

www.thesecondwindfund.org

899 Logan Street, Suite 208
Denver, CO 80203

Phone: (720) 962-0706

Mission: The mission of the Second Wind Fund, Inc. (SWF) is to decrease the incidence of suicide in children and teens by removing financial and social barriers to treatment. SWF has built an innovative program to urgently match children and youth who are at risk for suicide with a therapist in their local community.

Description: Second Wind Fund currently includes over half of Colorado’s students in their service areas, and welcome inquiries from school districts who would like to bring Second Wind Fund to their communities. Referrals are normally made through school counselors, social workers and school psychologists whether at public, private, charter, or choice schools, although youth being home-schooled or no longer attending school are also eligible. Call SWF at 303-988-2645 to make a referral or with any questions.