

**Model Policy developed by** American Foundation for Suicide Prevention (AFSP) in collaboration with American School Counselor Association (ASCA), National Association of School Psychologists (NASP), and The Trevor Project

## AFSP's A Model School District Policy

- School **Board Policy** pertaining to schools, employees, and students – *in progress*
- District Level **Suicide Prevention Coordinator** to plan & lead district-wide implementation – *in place*
- Ongoing **Staff professional development** on risk factors, warning signs, protective factors, response procedures, referrals, postvention, and resources– *in place*
- Suicide Prevention Taskforce** – *in progress*
- Youth suicide prevention programming** – *in progress*
- Assessment and Referral** protocols – *in place*
- Parent Notification and Involvement** - including Means Safety Counseling– *in place*
- Re-Entry Procedures** in place– *in place*
- Implementation of a **Crisis Response Plan**– *in place*

## Prevention

### Upstream Suicide Prevention

- Social Emotional Learning (SEL)** curriculum for all students:
  - New:* All Elem schools have a .5 SEL specialist to help schools adopt & teach universal SEL skills
  - New:* All Elem schools have Second Step Curriculum w/additional features of Bully Prevention
  - Continue:* Second Step or School Connect taught to middle school aged students
- Continue and expand:* **Sources of Strength** – currently in 25 secondary schools and 3 elementary pilot programs (*new*)
- Continue:* **Restorative Practices** (discipline policy and philosophy)
- Continue:* Establishing **safe, welcoming, and inclusive** environments
- Continue:* **Youth Mental Health First Aid (YMHFA)** – all new employees are trained

### Staff Professional Development: QPR – Question, Persuade, Refer

- New:* Suicide Prevention Gatekeeper Model training for **ALL** Jeffco employees
- New:* Suicide Prevention Gatekeeper Model training offered to parents/caregivers

#### **QPR teaches individuals how to:**

- Recognize warning signs and risk factors (prevention)
- Ask someone directly if they are feeling suicidal (intervention)
- Refer someone to care and mental health support (intervention)

## Intervention

### QPR – Question, Persuade, Refer

- New:* Suicide Prevention Gatekeeper Model taught to **ALL** Jeffco employees
- New:* Suicide Prevention Gatekeeper Model offered to parents/caregivers

#### **QPR teaches individuals how to:**

- Recognize warning signs and risk factors (prevention)
- Learn how to ask someone directly if they are feeling suicidal (intervention)
- Know how to refer someone to care and mental health support (intervention)

### Assessment & Referral: Improved Suicide Risk Assessment (SRA) Process

- Continue:* **C-SSRS:** Columbia Suicide Severity Rating Scale for students experiencing suicidal thoughts
- Updated:* Nationally recognized, evidence based student **Support Plan**
- New:* Educate caregivers on **Means Safety/Safeguarding The Home** at time of SRA
- Updated:* Supportive and comprehensive **Re-Entry Plan** including effective follow up care (following a suicide related school absence)

## Postvention

### Improved evidence-based best practice response protocols

- Updated:* Evidence-based **communication** plans for staff, students, and families using suicide specific safe messaging protocols
- Updated:* Evidence - based **Crisis Recovery and Response Toolkit**
- In progress:* Improved communication tools between outside mental health professionals and school mental health professionals
- Updated:* Supportive and comprehensive **Re-Entry Plan** including effective follow up care (following a suicide related school absence)