

Jason Flatt Act Youth Suicide Awareness & Prevention Training

Auburn-Washburn School District
USD 437 - Topeka, KS

Introduction



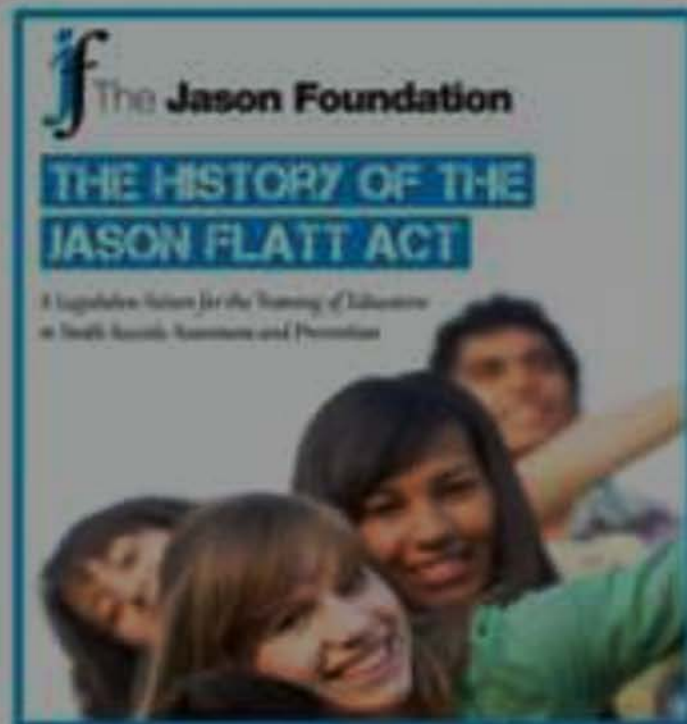
Suicide Prevention



The Jason Flatt Act

(KSA 72-8260)

- Passed by the Kansas Legislature and signed by the governor - Spring 2016
- Each school district/school will provide suicide awareness and prevention training for ALL school personnel
- Requires at least 1 hour of suicide awareness and prevention training annually (approved by the State BOE)
- Parents and guardians will be notified and training materials made available for review
- Each building will develop a crisis plan that includes: recognition of suicide ideation; appropriate interventions; and a crisis recovery plan



Suicide Prevention Who is Responsible?



District Administrators

Building Administrators

School Psychologists

Counselors

Social Workers

Nurses

School Resources Officers

General Education Teachers

Special Education Teachers

Crisis Team Members

Librarians

Coaches

Club/Activity Sponsors

Office Staff

Transportation Staff

Cafeteria Staff

Custodial Staff

Building & Grounds Staff



Activity: What are some ways YOU support student well-being?

- Students spend more than 1,000 hours in school or school activities each year
- You interact daily with your students
- Your ability to recognize suicide risk is vital
- You are critical in providing support and appropriate referrals



What do YOU do to support student well-being?

National Suicide Stats



What Do We Know About Suicide? Kansas Data

In our state...

- Suicide is the 2nd leading cause of death for young people ages 10-24
- Every 5.98 days, a young person is lost to the “Silent Epidemic” of suicide



According to the Kansas Youth Risk Behavior Survey...

- 19% of high school students reported they had considered suicide
- 12.5% of high school students reported having made a plan about how they would attempt suicide

Nearly 11% of 10th grade students reported having made a suicide attempt

Kansas Suicide Prevention Resource Center
kansassuicideprevention.org

Annual Summary of Vital Statistics, 2014
Kansas Youth Risk Behavior Survey, 2013

What questions or thoughts come to you after seeing this data?



Protective Factors

- Effective and accessible care for mental, physical, and substance abuse disorders
- Family and community support (connectedness)
- School engagement
- Ability to make friends and positive peer support
- Skills in problem solving, conflict resolution, and nonviolent ways of handling disputes
- Cultural and religious systems that discourage suicide

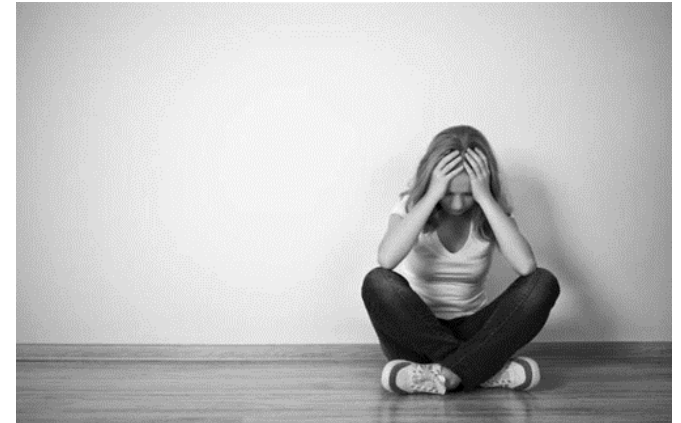


Suicide Warning Signs

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Worrisome behavioral cues or noticeable changes in behavior. Including significant:
 - *Withdrawal from or changing social connections/situations*
 - *Changes in sleep (increased or decreased)*
 - *Anger or hostility that's out of character or context*
 - *Recent increased agitation or irritability*
 - *Recent break-up, conflict, or other trigger event*

Activity

What are some of the warning signs that indicate that a student might be in crisis?



You Can Help!

Responses if you notice WARNING SIGNS...

Ask if they are ok or if they are having thoughts of suicide

Express concern about what you are observing in their behavior

Listen attentively and non-judgmentally

Reflect what they share and let them know they have been heard

Let them know there are treatments available that can help

Tell them they are not alone

Guide them to additional professional help



Optional Activities - choose one

When you have developed a relationship with a student, and are someone they trust, you may be a person they can open up to. Preparing ahead of time for these situations can be very helpful.

The activities listed in the next two slides are just a couple of ways to help you prepare.

Remember, you do not have to have these conversations if they make you uncomfortable, but they can help you gain important information when you report your observations to your school counselor, social worker, or direct supervisor.



Optional: Choose a partner and spend a few minutes practicing. Ask these important questions in a sensitive, non-judgmental, direct way.

Are you thinking about killing yourself?
Have you had thoughts of suicide?

Follow up Questions

- How are you coping with what's been happening in your life?
- Do you ever feel like just giving up?
- Are you thinking about hurting yourself?
- Have you thought about suicide or tried to harm yourself before?
- Have you thought about how or when you'd do it?
- Do you have access to weapons or things that can be used as weapons to harm yourself?

Optional: Discussion item

Consider discussing with your group about experiences you've had with a person having suicidal thoughts.

What went well?

What do you wish you had known?

What would you change if you could?



Self-Care

Employee Assistance Program

The district's Employee Assistance Program (EAP) is now coordinated by Cigna. The EAP is completely voluntary and confidential and is available to all employees and their families (not just those with Cigna health insurance) to use for professional counseling and/or referral services. Auburn-Washburn only receives aggregate data for usage and services provided (no individual information is received).

To take advantage of these services, employees can call 1-877-622-4327 or visit [CignaBehavioral.com](https://www.CignaBehavioral.com) and enter "auburnwashburn" for the Employer ID.

Final questions, comments, concerns?



Contact your school counselor or social worker if you have any comments, questions or concerns regarding this training.

thank
you