

ALABAMA SUICIDE PREVENTION **RESOURCES** FOR SCHOOL FACULTY AND STAFF

Prepared by Judith Harrington, Ph.D., LPC, LMFT, for the
the Alabama Suicide Prevention Advisory Committee, serving the Jason Flatt Act
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In addition to this guide, you can find more information at the Comprehensive Suicide
Prevention Resource Directory at www.asparc.org – See Resource Directory there.

RESOURCES

AVAILABLE IN MANY FORMATS

- **Telephone Help lines**
 - 24 hours a day / 7 days a week
 - For a concerned person
 - For a person thinking about attempting
- **Phone Apps** for support and referral
- **Websites**, information only, or interactive
- **Community Agencies** with professionally trained persons
- **Private clinicians**, pediatricians, internists, family doctor, psychologist, counselor, social worker, etc.
- **Medical or Hospital Care**, emergency room, hospital mental health unit, Paramedic/EMT
- **Law enforcement** Community Resource Officer, Wellness checks
- **Reading material** for advancing one's knowledge and confidence

RESOURCES ARE AVAILABLE AT MANY LEVELS

National

State

Local

- Suicide is the 2nd cause of death in the U.S. among youth, ages 10-24.
- Best resources would be those that are evidence-based or best practices by trained professionals who depend on first responders (YOU) to facilitate these referrals. Practices or interventions that are based on personal opinions, values or attitudes are not advisable unless they are in line with evidence-based and approved best practices.
- **No matter where you are, urban or rural, your accessing any and all resources at any of these levels is encouraged and welcomed.**

TELEPHONE HELP LINES FOR CONCERNED HELPERS OR PERSONS AT RISK

CALL CENTER	PHONE NUMBER	HOURS / WEBSITE	NOTES
National Suicide Prevention Lifeline (NSPL)	1-800-273-TALK (8255)	24 hours a day / 7 days a week / 365 days a year http://suicidepreventionlifeline.org/	Funded by SAMHSA (federal agency within the Health & Human Services [HHS])
Crisis Services of North Alabama (CSNA)	256-716-1000 crisis line	24 hours a day / 7 days a week / 365 days a year www.csna.org	Huntsville and North Alabama region
Crisis Center	205-323-7777 crisis line	24 hours a day / 7 days a week / 365 days a year www.crisiscenterbham.com	Birmingham and Central Alabama region
Lifelines Counseling Services	251-602-0909 office	8 am -4 pm M-F www.lifelinesmobile.org	Mobile and South Alabama region

SCHOOL-BASED SUICIDE PREVENTION CURRICULA FOR USE WITH **STUDENTS**

OPTIONS LISTED BELOW CAN FULFILL THE JASON FLATT ACT TRAINING REQUIREMENT
WHEN TRAINING STUDENTS...

CURRICULUM NAME / SOURCE	LINK	NOTES
Alabama Suicide Training School for Students	See ALSDE for links to curricula developed by award-winning Alabama educators for use in classrooms across three age-groups.	In compliance with the Jason Flatt Act Prepared by the Alabama Suicide Prevention Advisory Committee appointed by the Alabama State Department of Education
Lifelines , by Hazelden, Also promoted by the Society for the Prevention of Teen Suicide	www.hazelden.org/web/public/lifelines.page www.sptsusa.org/training-programs Five agencies in Alabama provide the Lifelines curriculum at no cost to schools: they are the three crisis centers (see Slide 4), Family Sunshine Center in Montgomery, and SpectraCare Center in Dothan.	Reputable mental health publisher offers curriculum for 15-19 and 15-24 yr. old youth. Is said to be “whole-school” and has three modes: prevention, Intervention, and Postvention. Includes manual, DVDs and more.
SOS Signs of Suicide Prevention Program , by Screening for Mental Health, Inc.	http://www.sprc.org/resources-programs/sos-signs-suicide OR https://mentalhealthscreening.org/gatekeeper OR http://shop.mentalhealthscreening.org/products/youth-middle-school-sos-kit	School based depression awareness and suicide prevention program for middle or high schools. Age appropriate DVDs (Time to ACT – middle school) (Friends for Life – high school) encourage action: Acknowledge, Care and Tell (ACT). With evidence of effectiveness.
Youth Suicide Prevention Program (YSPP)	www.yspp.org/curriculum/index.htm This wonderful site has been rerouted to https://crisisclinic.org/education/community-training-opportunities/school-curriculum/	Includes best practices health curricula and school programs for multiple grade levels.
Suicide Prevention , by PBS, In the Mix programs for educators	www.pbs.org/inthemix/educators/lessons/depression2	For grades 7-12. Provides lesson plans and materials for in-class delivery. Video, note cards, case studies and more.

EDUCATOR-FOCUSED SUICIDE PREVENTION CURRICULA FOR EDUCATORS

OPTIONS LISTED BELOW CAN FULFILL THE JASON FLATT ACT TRAINING REQUIREMENT
WHEN TRAINING FACULTY AND STAFF...

CURRICULUM NAME / SOURCE	LINK	NOTES
Alabama Suicide Training School Faculty and Staff	45 minutes to 1 hour	In compliance with the Jason Flatt Act Prepared by the Alabama Suicide Prevention Advisory Committee appointed by the Alabama State Department of Education
Lifelines , by Hazelden, Also promoted by the Society for the Prevention of Teen Suicide	www.hazelden.org/web/public/lifelines.page www.sptsusa.org/training-programs 45 minutes to 1 hour	Five agencies in Alabama provide the Lifelines curriculum to faculty at no cost to schools prior to providing the student curriculum: See Slide 5 for available agencies who conduct the trainings.
The Jason Foundation Professional Development	http://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/	The Jason Foundation is the organization which promotes the Jason Flatt Act legislation. Alabama was the 19 th state to enact this legislation.
Question, Persuade, Refer (QPR): Gatekeeper Training for Suicide Prevention (QPR Institute) www.qprinstitute.com	1 to 2 hours In person or online, or both	Teaches lay and professional gatekeepers to respond positively to someone with warning signs. The QPR Institute also has a 3 hour training specifically designed for school officials.

PHONE APPS FOR **CONCERNED HELPERS** WITH SOMEONE AT RISK

PHONE APP	LINK
Suicide SAFE Mobile App for Providers and Suicide Prevention Allies	http://store.samhsa.gov/apps/suicidesafe/
SAMHSA Mobile Apps (Disaster, Suicide, Bullying, TALK They Hear You Underage Drinking)	http://store.samhsa.gov/apps/?WT.mc_id=EB_20160509_SuicideSafePromo
Safety Plan	https://itunes.apple.com/us/app/safety-plan/id695122998?mt=8
Suicide Safety Plan	https://itunes.apple.com/us/app/suicide-safety-plan/id1003891579?mt=8
CDC Updates News on Rising Suicide Rates	http://www.cdc.gov/nchs/data/hestat/suicide/rates_1999_2014.htm

PHONE APPS FOR PARENTS* TO OVERSEE THEIR CHILD'S PHONE OR DEVICES

* Other resources parents may want to consider.

APP:	Net Nanny	Secure Teen	Teen Safe
LINK:	https://www.netnanny.com/products/netnanny/	http://www.secureteen.com/	http://www.teensafe.com/
PHONE:	1-800-485-4008	1-310-409-0451 (Mon-Fri 9am-6pm CST)	1-800-245-8598 (M-F, 6 am-7pm, Sat-Sun, 7am-6pm PST)
FEE:	Annual fee with a range \$39.99 to 199.99	\$39.99	Free Trial
HIGHLIGHTS:	<p>Block websites</p> <p>Block types of websites (for example ones with nudity, dating, pornography, tobacco, etc.)</p> <p>Set it for certain keywords (such as "suicide") so that parent will get a warning</p>	<p>Provides call logs</p> <p>Parent can read child's text messages</p>	<p>Tracks text messages and calls</p> <p>Pinpoints child's exact GPS location instantly</p>


WEBSITES FOR FACULTY & STAFF

YOUTH SUICIDE PREVENTION

SPONSOR For school policy planning & curriculum	LINK	NOTES May include focus on prevention, intervention, postvention or all three.
The Guide by the University of South Florida	http://theguide.fmhi.usf.edu/	A comprehensive resource and guide for schools to develop policies, collaborations, prevention, intervention, and postvention. Includes forms, checklists & samples. Designated Best Practices site/service.
Youth Suicide Prevention Program	http://www.yspp.org/ This wonderful site has been rerouted to https://crisisclinic.org/education/community-training-opportunities/school-curriculum/	Comprehensive informational and resource-filled website with youth suicide prevention as its core focus.
Preventing Suicide A Toolkit for High Schools	http://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf	PDF “book” (230 pages) from SAMHSA with comprehensive vetted information about youth suicide prevention via schools.
The Jason Foundation	www.jasonfoundation.com	Created in memory of Jason Flatt, this website contains many resources for educators and communities.
The JED Foundation	https://www.jedfoundation.org	Resource for teens and young adults for suicide prevention education. Emphasis on collaboration, partnerships, and systemic outreach with students, families, and communities.

WEBSITES FOR FACULTY & STAFF

YOUTH SUICIDE PREVENTION

SPONSOR General knowledge and resources	LINK	NOTES May include focus on prevention, intervention, postvention or all three.
Children's Safety Network Suicide Prevention Resource Guide	https://www.childrensafetynetwork.org/sites/childrensafetynetwork.org/files/YouthSuicidePrevention_ResourceGuide2012.pdf	This document provides extensive links and overviews of youth-specific suicide prevention resources, with an emphasis on data, research, updates, evidence-based strategies, organizations, risk factors, and more.
American Association of Suicidology (AAS)	www.suicidology.org	One of the oldest and most respected sources for all suicide prevention allies. For the community, professionals helpers, crisis response workers, and more. Has a School Suicide Prevention Accreditation Program.
American Foundation for Suicide Prevention (AFSP)	www.afsp.org	Is the headquarters/national association for all the state chapters who work to prevent suicide. Lots of assistance for suicide bereavement survivors, and much more.
Youth.gov	http://youth.gov/youth-topics/youth-suicide-prevention	This site offers a lot of information to counter bullying.
Suicide Prevention & Resources Directory	www.asparc.org	Compiled and maintained by the Alabama Suicide Prevention & Resources Coalition (ASPARC).
Be the One to Help Someone	 Click Here for #BeThe1To http://www.bethe1to.com/ You'll find tons of toolkits, videos, resources. Take Action. Be the one to help someone!	

WEBSITES

FOR YOUTH TO ACCESS

EDUCATORS MAY SHARE WITH STUDENTS

SPONSOR	LINK	NOTES
The Trevor Project	http://www.thetrevorproject.org/	Provides crisis intervention and suicide prevention to LGBTQ Youth. Resource for concerned persons and direct care to youth for immediate assistance, call, text, modalities.
You Matter	www.youmatter.suicidepreventionlifeline.org	A safe place for youth to share. The Blogger Council are also youth 13-24 that want to help prevent suicide and promote mental health. Administered by the National Suicide Prevention Lifeline.
Active Minds	www.activeminds.org	“...empowers students to change the perception about mental health oncampuses.”
Crisis Chat	http://www.crisischat.org/	Anyone can talk with a trained counselor via “chat.”

WEBSITES

FOR YOUTH TO ACCESS

EDUCATORS MAY SHARE WITH STUDENTS

SPONSOR General knowledge and resources	LINK	NOTES May include focus on prevention, intervention, postvention or all three.
Love is Respect	www.loveisrespect.org	Is a project of the National Domestic Violence Hotline and is grant-funded by HHS and the Office for Victims of Crime/U.S. Department of Justice. Has 24 / 7/265 chat, text, or call helplines.
Stop Bullying	www.stopbullying.gov	Guidelines for recognizing bullying, cyber-bullying, responding to bullying, getting help, etc.
Ditch the Label	www.ditchthelabel.org	An international anti-bullying charity. Promotes empowerment, pride, prejudice-reduction, and bullying cessation. Collaborates with schools, colleges, parents, guardians, young people and youth organizations.
Be the One to Help Someone		Click Here for #BeThe1To http://www.bethe1to.com/ You'll find tons of toolkits, videos, resources. Take Action. Be the one to help someone!

ADVANCED SUICIDE CARE TRAINING OPTIONS

*SOURCE, ADAPTED FROM: ZEROSUICIDE.COM

ADMINISTRATORS, COUNSELING STAFF,
CRISIS RESPONSE TEAMS, SCHOOL NURSES, ETC.

TRAINING Suicide Risk Detection and Referral	LENGTH & FORMAT	HIGHLIGHTS
Question, Persuade, Refer (QPR): Gatekeeper Training for Suicide Prevention (QPR Institute) www.qprinstitute.com	1 to 2 hours In person or online, or both	Teaches lay and professional gatekeepers to respond positively to someone with warning signs. The QPR Institute offers longer, more specialized training for school personnel and for triage response (3 to 6 hours).
Connect Suicide Prevention/Intervention Training (National Alliance on Mental Illness: New Hampshire) www.theconnectprogram.org	1- to 4- hour options In person	Uses socio-ecological model, in context of individual, family, community, tribe, and society.
Applied Suicide Intervention Skills Training (ASIST) by Living Works www.livingworks.net	2 days (14 hours) In person	Focus: suicide first aid, safety, seek help. Standardized, customizable, delivered by two trainers.
Suicide Alertness for Everyone – Tell, Ask, Listen and KeepSafe (safeTALK) by Living Works, www.livingworks.net	3.5 hours In person	Suitable for age 15 years and up. Identify warning signs and connect to help and intervention caregivers.

*<http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/2016.12.13%20Suicide%20Care%20Training%20Options.pdf>

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TRAINING Targeted Suicide Prevention Interventions	LENGTH & FORMAT	HIGHLIGHTS
<p>Assessment of Suicidal Risk Using the Columbia Suicide Severity Rating Scale (C-SSRS) by NY State Office of Mental Health & Columbia University. http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/cssrs_we_b/course.htm</p>	<p>45 minutes Online, self-paced</p>	<p>Teaches about the C-SSRS and how to administer it, brief and full versions. Videos show how to use two sections in client interviews.</p>
<p>Safety Planning Intervention for Suicide Prevention http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/sp/course.htm</p>	<p>45 minutes Online, self-paced</p>	<p>Guides personnel in how to develop a collaborative safety plan. Includes video examples of Barbara Stanley, Ph.D., a lead developer of the Safety Planning Intervention.</p>
<p>Structured Follow-Up and Monitoring for Suicidal Individuals (NY State Office of Mental Health and Columbia University) http://zerosuicide.sprc.org/sites/zerosuicide.sprc.org/files/monitor_suicidal_individuals/course.htm</p>	<p>45 minutes Online, self-paced</p>	<p>Describes what structured follow-up and monitoring, and how it helps suicidal persons. Learn how to provide structured follow-up and monitoring after a crisis, from transition an an emergency visit, when increased ideation, or after an attempt.</p>

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TRAINING Clinical Assessment & Management of Suicide Risk	LENGTH & FORMAT	HIGHLIGHTS
Assessing & Managing Suicide Risk (AMSR) By Suicide Prevention Resource Center. www.sprc.org/training-institute/amr	1 day In person	Research-informed. Focuses on 24 Core Competencies that clinicians need to be successful in working with at-risk persons. Uses lecture, discussion, case review, video, written and pairs-exercises.
Commitment to Living by Anthony Pisani, Ph.D. http://commitmenttoliving.com	3 hours In person	A practical and compassionate approach for responding to suicide risk, covering core competencies in suicide risk assessment, documentation, and decision-making.
Counseling on Access to Lethal Means (CALM) by the Suicide Prevention Resource Center. http://www.sprc.org/resources-programs/cal-counseling-access-lethal-means	1.5 to 2 hours Online	Addresses why reduced access to lethal means saves lives. Teaches practical skills on when and how to ask clients about access to lethal means, and how to work with client and families to reduce access.
Unlocking Suicidal Secrets: New Thoughts on Old Problems in Suicide Prevention by Shawn Shea, Ph.D. http://www.suicideassessment.com/pdfs/SheaDay1FlyerMatrix_Ris_Vailidity_CASE2011.pdf	6.5 hours In person	Didactic, covering the CASE approach, prevention, documentation, treatment planning, building resiliency. Lecture, videos, and discussion. Can be taken alone or followed with the CASE.

* <http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/2016.12.13%20Suicide%20Care%20Training%20Options.pdf>

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TRAINING Clinical Assessment & Management of Suicide Risk	LENGTH & FORMAT	HIGHLIGHTS
Chronological Assessment of Suicide Events (CASE) by Shawn Shea, Ph.D. http://www.suicideassessment.com/pdfs/CASEFull-dayPodFlyerShea2011Level1.pdf	6.5 hours In person	Experiential, limited training group size, uses scripted role-playing to teach the CASE Approach, specific interviewing strategy to identify ideation, behaviors, planning & intent.
Collaborative Assessment and Management of Suicidality (CAMS) by David Jobes, Ph.D. http://cams-care.com/training or http://www.empathosresources.com/	Varies, In person, role-play, Online, or consultation calls	Teaches the CAMS approach, evidence-based, therapeutic framework with focus on collaborative assessment and treatment planning.
Recognizing & Responding to Suicide Risk in Primary Care (RRSR) by American Association of Suicidology. http://www.suicidology.org/training-accreditation/rrsr-pc	2 days In person	Advanced, interactive. Designed for mental health clinicians. Addresses 24 core clinical competencies, group training size limited to 50.
Suicide to Hope: A Recovery and Growth Workshop by Living Works. www.livingworks.net	8 hours including lunch In person	Assists professional helpers and clients to collaborate with recovery goals. Focus on structuring and managing therapeutic work with a person recently at risk, or with other caregivers.

* <http://zerosuicide.sprc.org/sites/zerosuicide.actionallianceforsuicideprevention.org/files/2016.12.13%20Suicide%20Care%20Training%20Options.pdf>

COMMUNITY AGENCIES IN YOUR LOCALITY

AGENCY	CONTACT INFO	NOTES
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What are the community agencies in your area? They may include but are not limited to United Way agencies, non-profit organizations, foundations of a special focus, public mental health centers, etc.

For a list of ideas of community and social support resources, visit this link: <file:///C:/MY%20FILES/A%20TEACH/ALL%20SUICIDE%20MATERIALS%20AND%20WEBSITE/I%20for%20websitedirectory/mental%20health%20professionals/SPRC.Handout-CommunityResourceList.pdf> . Create a list below with your local information:

United Way Agencies		
211 Referral & Information Assistance		
Non-Profit Organizations		
Foundations		
Community Public Mental Health Centers and Agencies		

MEDICAL, EMERGENCY CARE, AND HOSPITALS IN YOUR LOCALITY

AGENCY	CONTACT INFO	NOTES
911		
Hospital Emergency Department		
Paramedic, EMT, Ambulance service		
Mental Health/Crisis/Emergency Services Program		
Community Health Centers		
Veterans Affairs (VA) Suicide Prevention Coordinator and/or VA Clinic		
Tribal Health / Traditional Healers		
Health Insurance crisis support		


LAW ENFORCEMENT ASSISTANCE IN YOUR LOCALITY

AGENCY	CONTACT INFO	NOTES
911		
School Resource Officer		
Community Resource Officer with precinct		
Police Chaplain		
Probate court for evaluation and recommendations in acute situations		

PRIVATE CLINICIANS OR PROFESSIONALLY TRAINED HELPERS IN YOUR LOCALITY

AGENCY	CONTACT INFO	NOTES
Pediatrician		
Internist		
Psychiatrist		
Mental Health Provider: Counselor, Social Worker, Psychologist, Family Therapist		In Private Practice or community agencies
Pastoral Counselor, clergy or pastor		

OTHER COMMUNITY RESOURCE IDEAS

AGENCY	CONTACT INFO	NOTES
Substance Use Treatment Agencies, in-patient, out-patient		
Twelve-Step Groups (AA, NA, etc.)		
Peer Support Services		
Emergency Shelter and Housing Services, Youth Shelters, Safe Houses		
Be the One to Help Someone 	Click Here for #BeTheI To http://www.betheIto.com/ You'll find tons of toolkits, videos, resources. Take Action. Be the one to help someone!	

ADDRESSING THE *13 REASONS WHY* MOVIE

- The movie *13 Reasons Why* has generated much viewership and also discussion about the worrisome features of the film.
- National experts are quick to point out their concerns about this film and inappropriate or missing public health information that may contribute to “copycate” or “contagion type” suicides, especially among young persons.
- Arguably, one of the positives about the film is that it has generated potentially positive or educational discussions with youth about warning signs, risk factors, and the permanence of suicide.
- If educators find students discussion the film *13 Reasons Why*, they are advised to incorporate reputable curricula and/or discussion resources available to guide responsible and enlightened dialogues about suicide.
- Some of them may be found at these links:

REPUTABLE DISCUSSION GUIDES FOR 13 REASONS WHY MOVIE

SOURCE	LINK	NOTES
American Psychiatric Association	https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2017/04/13-mental-health-questions-about-13-reasons-why	13 Mental Health Questions about “13 Reasons Why”
American Association of Suicidology	http://www.einpresswire.com/article/380176852/american-association-of-suicidology-responds-to-13-reasons-why	Sharing Resources and Spreading the Message of Suicide Prevention is Critical
Hosted by the American Foundation for Suicide Prevention, American School Counselor Assoc., & the Nat’l Assoc. of School Psychologists	https://www.youtube.com/watch?v=4CC-j73_LnE&feature=youtu.be	YouTube video: Teachable Moment Using “13 Reasons Why” to Initiate a Helpful Conversation about Suicide Prevention and Mental Health.

REPUTABLE DISCUSSION GUIDES FOR 13 REASONS WHY MOVIE

SOURCE	LINK	NOTES
AFSP	https://www.schoolcounselor.org/asca/media/asca/FactSheets/AFSP13Reasons.pdf	Tips for Parents for Talking with their Children about 13 Reasons Why and Suicide
13 Reasons Why Discussion Guide	https://afsp.org/wp-content/uploads/2018/05/US-FINAL-13-Reasons-Why-Discussion-Guide.pdf	Unclear who the author is, but reputable endorsers are listed at the end, including ASCA and more.
Suicide Prevention Resources Center	https://www.sprc.org/13-reasons-why	This SAMHSA-funded service provides many more reputable and credible links to discussion guides for parents, educators, and community prevention allies.

THE MOST IMPORTANT RESOURCE OF ALL *you.*

No matter what your training or experience, some of the most important things that you can provide to a student in need is:

- Care and Compassion
- Everyday access and context
- Your connection as a safety net
- A safe and respectful relationship
- A shared history and educational alliance
- A source of information and referral ideas
- Belief and hope that you have for your student
- Belief and hope that you have for your student
- **Communicating to your student that “You matter!”**

