



PREVENTING & RESPONDING TO STUDENT SUICIDE

PROMISING STRATEGIES FOR SCHOOLS



Resources: Preventing and Responding to Student Suicide September 10, 2015

Free book for attendees:

Attendees were promised a copy of [*Suicide in Schools: A Practitioner's Guide to Multi-level Prevention, Assessment, Intervention, and Postvention*](#), however the shipment was delayed. You are welcomed to stop by the USOE offices at 250 East 500 South, Salt Lake City, to pick up a copy of this helpful book. Please contact Cathy Davis at cathy.davis@schools.utah.gov to let her know you're coming by.

Event resources in online (Box) folder: <https://wested.box.com/UtahSuicidePreventionResources>

- Agenda
- Speaker bios
- Activity 1 handouts: Quiz / quiz with answers
- Activity 2 handout: How can we support at-risk students?
- Davis School District handouts
- Selected articles
- Presenter slides:**
 - Dr. David Schonfeld
 - Dr. Doug Gray
 - Anna Fondario & Elizabeth Brutsch
 - Dr. Elizabeth Dexter-Mazza

USOE Resources

- Youth Suicide Prevention Blog from USOE Specialist, Cathy Davis: <http://my.uen.org/myuen/279614>
- Suicide Prevention Mailing List: Subscribe at <https://lists.uen.org/mailman/listinfo/suicideprevention>
- USOE web pages on Suicide Prevention (legislation, resources):
<http://www.schools.utah.gov/prevention/Suicide-Prevention.aspx>

Other Utah-based Resources

- [Panelist] HOPE4Utah (including HOPE Squads): <http://hope4utah.com/>
- [Resource table] American Foundation for Suicide Prevention (AFSP) – Utah Chapter:
<http://www.afsp.org/local-chapters/find-your-local-chapter/afsp-utah> (utah@afsp.org)
- [Resource table] Hannah's Hope: <http://www.livehannahshope.org/>
- [Resource table] NAMI Utah: <http://namiut.org/> (School-based programs: Julie Schwartz, julie@namiut.org)
- [Resource table] The Sharing Place: www.thesharingplace.org
- [Resource table] University Neuropsychiatric Institute (UNI) Crisis Response Services:
<http://healthcare.utah.edu/uni/crisisline/index.html> (uni.crisis@hsc.utah.edu)
 - Crisis Line: 801-587-3000
- Utah Suicide Prevention Coalition: <http://utahsuicideprevention.org/>
- Chart of suicide prevention programs listed in Utah grant application:
<http://www.schools.utah.gov/prevention/DOCS/YouthSuicidePrevention/PartDSuicidePreventionProgramChart.aspx>



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Selected national resources for supporting youth

- National Suicide Prevention Lifeline: 1-800-273-TALK (8255),
 - Website: <http://www.suicidepreventionlifeline.org/>
 - Suicide Prevention Toolkit: <http://www.suicidepreventionlifeline.org/getinvolved/suicide-prevention-toolkit.aspx>
- Preventing Suicide: A Toolkit for High Schools* (SAMHSA):
<http://store.samhsa.gov/shin/content//SMA12-4669/SMA12-4669.pdf>
- Model School District Policy on Suicide Prevention [2014] (from NASP, AFSP, ASCA, Trevor Project):
http://b.3cdn.net/trevor/10a65fa42e6ebddc24_gem6bvseu.pdf
- Coalition to Support Grieving Students, led by Dr. David Schonfeld: www.grievingstudents.org
(Includes free grief support modules for school personnel, including developmental and cultural considerations)
- Guidelines for Responding to a Death by Suicide: <http://grievingstudents.scholastic.com/wp-content/uploads/2015/02/Guidelines-for-Schools-Responding-to-a-Death-by-Suicide-Jan-5-2015.pdf>
- National Center for School Crisis and Bereavement at USC, directed by Dr. Schonfeld:
<https://sowkweb.usc.edu/about/centers-affiliations/national-center-school-crisis-and-bereavement>
(includes sample letter templates and guidelines for schools)
- The Sharing Place Grief Support Handouts (Grief by Age Group, Explaining Suicide to Children, Tips for Teachers): <http://www.thesharingplace.org/services/resources>
- American Foundation for Suicide Prevention: www.afsp.org
- American Association of Suicidology (See "Know the Signs"): <http://www.suicidology.org/About-AAS>
- Suicide Prevention Resource Center: <http://www.sprc.org/>
 - Prevention Resources for Teens Handout: <http://www.sprc.org/sites/sprc.org/files/Teens.pdf>
- Suicide Awareness Voices for Education (SAVE): www.save.org
- www.YourVoiceCounts.org
- www.Suicideispreventable.org
- Information on dialectical behavior therapy (DBT), described by Dr. Dexter-Mazza:
 - [DBT Skills for Adolescents](#) (book), by Rathus and Miller, 2014 [\$]
 - [Description of types of therapy](#), from NAMI
- 2015 CASEL Guide: Effective Social and Emotional Learning Programs—Middle and High School:
<http://www.casel.org/middle-and-high-school-edition-casel-guide>
- Free, brief [article from NASP](#) on suicide prevention and intervention in schools
- Articles co-authored by Frank Zenere about successes in Miami-Dade County Schools:
 - Zenere, F., & Lazarus, P. (1997). The decline of youth suicidal behavior in an urban multicultural public school system following the introduction of a suicide prevention and intervention program. *Suicide and Life Threatening Behavior*, 27(4).
 - Zenere, F., & Lazarus, P. (2009). The sustained reduction of youth suicidal behavior in an urban, multicultural school district. *School Psychology Review*, 38(2), 189-199. [Full-text available in Box folder]