

Youth Suicide Prevention and Awareness Programs for Students

A RESOURCE DOCUMENT FOR SCHOOLS AND COMMUNITIES

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Youth Suicide Prevention and Awareness Resources for Students

Executive Summary

According to Pennsylvania's Act 71, which passed in June of 2014, suicide prevention education for students is a required component a school's suicide awareness and prevention policy. Student education is also a key component of a comprehensive approach to school-based suicide prevention, according to the Substance Abuse and Mental Health Services Administration (SAMHSA, 2012).

This guide was developed by Prevent Suicide PA in collaboration with the Garrett Lee Smith Youth Suicide Prevention Grant team as a resource for Pennsylvania schools and communities looking to identify suicide prevention programs for youth that are suited to their needs. The guide includes both national and locally-developed programs, some of which are recognized as evidence-based, and others that are evidence-informed, or grounded in research and best practices in youth suicide prevention. Most of the programs in this guide are focused exclusively on the topic of suicide prevention, while others may be more focused on depression or other mental health concerns, with suicide included as a component of the program.

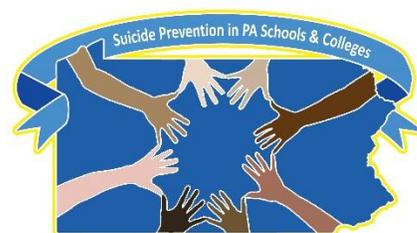
The guide provides basic information on each program, including a brief overview, target population, duration, and cost. Programs are identified as universal (Tier 1), targeted (Tier 2), or indicated (Tier 3), based on whether they are designed for all students, groups of students that may be at risk of suicide, or individual students known to be at risk of suicide. All programs in this guide are either evidence-based or are grounded in research and best practice. Website links and contact information are also provided so that users of this guide may seek out more details about program content, training requirements (if any), and materials.

Please note that this guide is not exhaustive of all youth suicide prevention programs that exist and is meant solely for the purposes of helping schools and communities navigate the most widely recognized options nationally, as well as additional options that may have been developed locally in Pennsylvania. Prevent Suicide PA and the Garrett Lee Smith Youth Suicide Prevention Grant do not specifically endorse any one suicide prevention program but are pleased to continue to serve as a resource to assist schools and communities in their suicide prevention efforts.

Prevent Suicide PA



Garrett Lee Smith Youth Suicide Prevention Grant



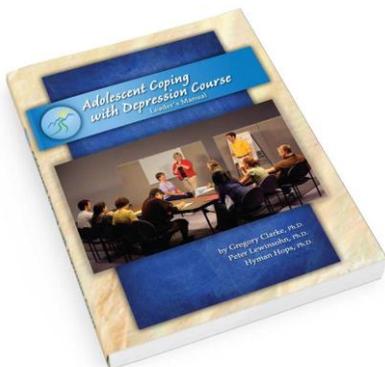
Youth Suicide Prevention and Awareness Resources for Students

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Youth Suicide Prevention and Awareness Resources for Students

Adolescent Coping with Depression Course



The Adolescent Coping with Depression Course (CWD-A) combines cognitive and behavioral strategies aimed at addressing the types of problems commonly found in depressed adolescents. The CWD-A includes the therapist leader's manual and a student workbook.

The CWD-A is designed for use with groups of four to eight adolescents, or it can be modified for use on an individual basis. The treatment sessions are conducted as a class in which a group leader teaches adolescents a variety of skills for successfully controlling depression.

Grade Levels: Middle (6-8), High (9-12), College

Tier: Targeted (Tier 2)

Cost: Free

Note: The group leader manual and student handbooks are available as free downloads. Saavsus sells printed copies of these materials and training resources.

Duration: 16 two-hour sessions scheduled over an 8 week period of time, although this may be adapted (see download page)

Training Info: Training resources are available through Saavsus but are not a requirement for course delivery.

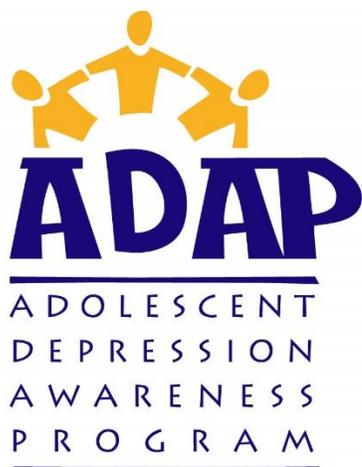
Evidence: Research reports are available for download on the website.

Website: <https://www.saavsus.com/adolescent-coping-with-depression-course>

Contact: Paul Berger, President of Saavsus, Inc.
paulberger@saavsus.com

Youth Suicide Prevention and Awareness Resources for Students

Adolescent Depression Awareness Program



The Adolescent Depression Awareness Program (ADAP) educates school based professionals and high school students about the illness of depression. Through an instructor training program and a student curriculum, ADAP delivers the core message that depression and bipolar disorder are treatable medical illnesses and that concerned individuals should seek help. Through this work, ADAP aims to increase awareness and decrease stigma about mood disorders in young people while stressing the need for evaluation and treatment.

- Grade Levels:** High (9-12)
Tier: Universal (Tier 1)
Cost: Free
Duration: 3 50-minute lessons to be delivered over 3 days or 2 90-minute lessons to be delivered over 2 days
Training Info: All ADAP instructors must complete our 5-hour online training program. CEUs are available for counselors.
Evidence: Select Citation: Swartz, K, et al. (2017). School-Based Curriculum to Improve Depression Literacy Among US Secondary School Students: A Randomized Effectiveness Trial. *American Journal of Public Health*, 107(12), pp. 1970–1976.
Website: https://www.hopkinsmedicine.org/psychiatry/specialty_areas/moods/ADAP/index.html
Contact: ADAP Team at Johns Hopkins School of Medicine: adap@jhmi.edu

Youth Suicide Prevention and Awareness Resources for Students

Aevidum



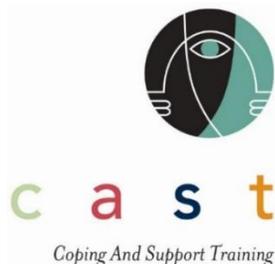
The Little Aevidum program includes monthly classroom lessons that teach students about topics like empathy, caring, how to help others, signs of sadness, how to be a good friend, critical thinking, and problem solving. At the elementary level, the concept of Aevidum helps to teach students about the importance of supporting and caring for each other. Students learn to recognize signs of sadness in others as well as themselves. They then learn what to do in order to help "have someone's back" during emotional times. Finally, students are empowered to search for and find their own strengths and life gifts, allowing them to learn about what makes each of them special and unique.

The High School curriculum was created by a team of school counselors, school principals, teachers, and psychiatrists. It contains 5 modules: Introduction to the problem of mental illness and suicide, Learning more about depression and suicide, What would you do?, Resources, and Conclusion.

- Grade Levels:** Elementary (K-5), Middle (6-8), and High (9-12)
Tier: Universal (Tier 1)
Cost: Free
Duration: Elementary: 8 lessons – 1 lesson per month
High: 5 modules (45-50 minutes each), may be delivered consecutively or spread over time
Training Info: Lesson plans and teaching notes are provided with the materials.
Evidence: Developed and reviewed by experts in school mental health, child development, and psychology
Website: <http://aevidum.com/cms/>
Contact: Francesca Pileggi, Executive Director
Email: clubs@aevidum.org

Youth Suicide Prevention and Awareness Resources for Students

Coping and Support Training (CAST)



Coping and Support Training (CAST) is a proven prevention program for students at risk. CAST consists of twelve, hour-long sessions facilitated by an adult who works well with at-risk youth and who is trained to implement the CAST program. The 12 CAST sessions can be offered once or twice per week in a (middle or high) school setting as a pull-out program, or outside of the school setting by youth-oriented agencies, mental health professionals, and community centers.

Key features of the CAST program include:

- Skills training, with a focus on building self-esteem, monitoring and setting goals, decision making and personal control, including help & support seeking strategies.
- A group context of adult and peer support, developed to enhance the personal and social protective factors of youth.
- Each CAST Group is comprised of 6 – 8 students, who are INVITED to participate.
- CAST can be offered to an entire population (as “universal” prevention), to a high-risk group (“selective” prevention) or to specific at-risk students (“indicated” prevention).

Grade Levels: Middle (6-8) and High (9-12)

Tier: Targeted/Intensive (Tier 2/3)

Cost: Curriculum Kit: \$448.65

Student Notebook: \$23.55 per student

Additional recommended materials include facilitator, coordinator, and administrator training, as well as evaluation materials.

Duration: 12 hour-long lessons delivered weekly or twice weekly; may be delivered during school, after school, in summer school, or in a setting outside of school

Training Info: CAST Facilitator Training (4 full days) is highly recommended but not required.

Evidence: Select Citation: Eggert, L. L., Thompson, E. A., Randell, B. P., & Pike, K. C. (2002). Preliminary effects of brief school-based prevention approaches for reducing youth suicide: Risk behaviors, depression, and drug involvement. *Journal of Child and Adolescent Psychiatric Nursing*, 15(2), 48-64.

Website: <http://www.reconnectingyouth.com/>

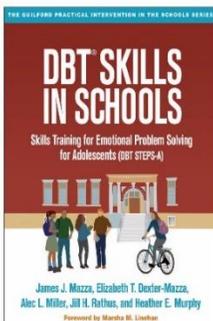
Contact: Phone: 1 (425) 861-1177

Fax: (888) 352-2819

Email: info@reconnectingyouth.com

Youth Suicide Prevention and Awareness Resources for Students

DBT STEPS-A



Mazza Consulting and Psychological Services, PLLC
www.dbtinschools.com

DBT STEPS-A is a social emotional learning curriculum designed to teach middle and high school adolescents (ages 12-19 years-old) decision-making and coping strategies, especially under emotionally stressful times. The curriculum is designed at the universal level to be taught by general education teachers who have some mental health awareness, such as a health teacher. DBT STEPS-A also has been successfully implemented at the Tier II & III levels, with added strategies to help provide services to students with more intensive needs. The lessons are manualized and structured for 50 minute-periods, however flexibility is also encouraged if there are examples that better fit the skills being taught.

The foundation of the curriculum is based on the skills components of dialectical behavior therapy (DBT: Linehan, 1993; 2015), which provides an empirically-based structure for helping students learn and practice the different skills components. The curriculum is divided into four main modules: mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness. DBT STEPS-A also provides a rationale and background section regarding the development of the curriculum as well as 30 teacher lesson plans and accompanying student handouts.

- Grade Levels:** High (9-12)
Tier: Universal, Targeted, Intensive (Tiers 1/2/3)
Cost: \$45 per manual through Guilford Press
If schools are interested in a 3-day training from the curriculum developers, there is an added cost.
- Duration:** 30 lesson plans designed for 50 minute class periods; can be delivered 1x/week over the academic year or 2x/week over a semester
- Training Info:** Although training is not required, it may be helpful for teachers and staff to receive training since most have little exposure to DBT skills.
- Evidence:** DBT is a well-developed evidence-based treatment, and DBT skills alone have been shown to be a key component in treatment outcomes.
- Website:** <http://www.dbtinschools.com/>
Contact: Email: info@dbtinschools.com

Youth Suicide Prevention and Awareness Resources for Students

Erika's Lighthouse: A Beacon of Hope for Adolescent Depression



Erika's Lighthouse is a not for profit organization working collaboratively with hundreds of middle school and high school communities all over the country to deliver free, fact-based and teen-centered programs that raise awareness of depression, reduce stigma and remove barriers to treatment - providing hope, ending suffering and helping young people live the healthy and meaningful lives they deserve. Erika's Lighthouse addresses the challenges surrounding teen depression using the most impactful, innovative and accessible methods available today. Interactive web-based resources, multi-media classroom teaching tools and teen-to-teen interventions has made Erika's Lighthouse a trailblazer in school-based mental health education. Programs and services are always free and resources are easy and accessible on our website. Curriculum preview: <https://youtu.be/povl3sJLyro>

- Grade Levels:** Middle (6-8) and High (9-12)
Tier: Universal (Tier 1)
Cost: Donations requested (minimum \$10)
Duration: 1-3 lessons (45 minutes each) delivered over 3 days
Training Info: Each program includes a training manual. All materials are included with the program.
Evidence: Based on best practices, grounded in research, and peer/expert reviewed
Website: <https://www.erikaslighthouse.org/>
Contact: Peggy Kubert, Director of Programming and Education, peggy@erikaslighthouse.org

Youth Suicide Prevention and Awareness Resources for Students

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



H.E.L.P. is a classroom curriculum for students in 9th-11th grade based on the American Association of Suicidology's "Guidelines for School-based Suicide Prevention Programs." Topics include stress and healthy coping skills, depression and its impact on teens' lives, the causes and warning signs of suicide, and skills to intervene with a friend who may be considering suicide. Activities include discussion and problem-solving, and involve situations common to students, such as keeping confidences.

- Grade Levels:** High (9-11)
Tier: Universal (Tier 1)
Cost: \$250/kit
Duration: 4 lessons (45 minutes each)
Training Info: Implemented by a classroom teacher or counselor. Training not required.
Evidence: Based on best practices
Website: <https://crisisclinic.org/education/community-training-opportunities/school-curriculum/#LISTEN>
Contact: Crisis Clinic (formerly YSPP):
Phone: 206-461-3210
Fax: 206-461-8368
Email: info@crisisclinic.org

Youth Suicide Prevention and Awareness Resources for Students

Hope Squad



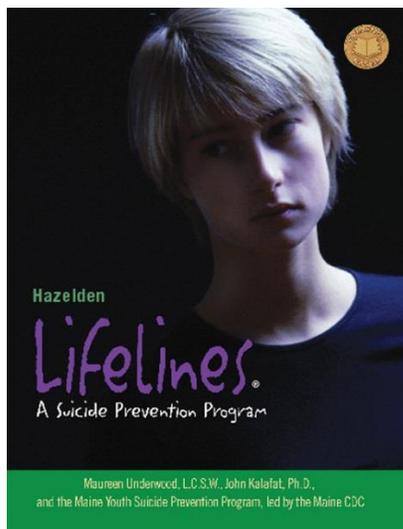
Hope Squads seek to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities.

Hope Squad is a curriculum-based three-year integration program in partnership with QPR. Students are nominated by their peers and trained by the school Hope Squad Advisors. First year curriculum, "Hope Squad Fundamentals," begins with being trained in QPR. Second year curriculum, "Hope Squad Essentials," allows members to increase their understanding about mental illness and gain confidence supporting and recognizing the needs of their peers. Third year curriculum, "Hope Squad Connections," allows members to train and mentor new members, as well as offer training for families and community members.

- Grade Levels:** Elementary (4-6)
Junior High (7-8)
High (9-12)
- Tier:** Universal (Tier 1)
- Cost:** Elementary: \$2,750 (over 3 years)
Junior High: \$4,500 (over 2 years)
High: \$5,750 (over 3 years)
Plus additional cost for continued membership
- Duration:** 3-year integration program involving multiple components
- Training Info:** Training is required to become a Hope Squad Advisor or District Specialist. QPR Certification training is also available. Training is offered in Utah or on-site training can be arranged.
- Evidence:** Components of this program are evidence-based (e.g., QPR) while other components are based on best practices
- Website:** <http://hopesquad.com/>
- Contact:** Dr. Gregory Hudnall, CEO and Founder
Email: greg4hope@gmail.com

Youth Suicide Prevention and Awareness Resources for Students

Lifelines Prevention Curriculum



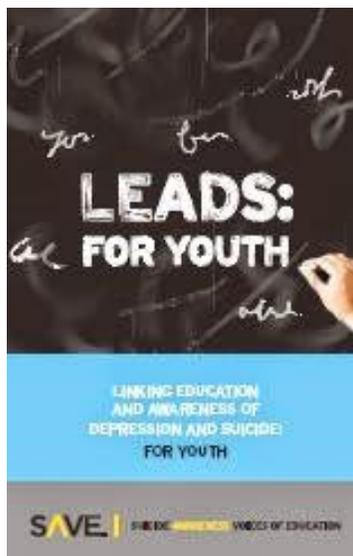
The Lifelines Curriculum is one component of the Lifelines Program and is designed to educate students about suicidal behavior and their role in suicide prevention. It includes lesson plans with video resources, scenarios, and role plays. It covers the following topics: knowledge of suicide warning signs, recognition of suicidal behaviors and emphasis on taking them seriously, how to respond to a troubled peer, and identification of resources and methods of help-seeking.

The Lifelines Curriculum for students is part of a comprehensive suicide prevention program for schools that also includes staff training, parent education, and guidelines for obtaining administrative buy-in. In addition to the prevention program, there are also programs for intervention and postvention.

- Grade Levels:** Designed for grades 8-10 but can be used through 12th
Tier: Universal (Tier 1)
Cost: \$235.95/kit
Duration: 4 lessons, 45 minutes each
Training Info: Each kit contains a teacher's manual.
Evidence: Select Citation: Kalafat, J., Madden, M., Haley, D., & O'Halloran, S. (2007). Evaluation of Lifelines classes: A component of the school-community based Maine Youth Suicide Prevention Project. Report for NREPP.
Website: <http://www.hazelden.org/web/public/lifelines.page>
Contact: Society for the Prevention of Teen Suicide (SPTS):
info@sptsusa.org
Center for Schools and Communities:
<http://www.center-school.org/>

Youth Suicide Prevention and Awareness Resources for Students

Linking Education and Awareness of Depression and Suicide (LEADS)



LEADS: For Youth (Linking Education and Awareness of Depression and Suicide) is a curriculum for high school students in grades 9-12 that is designed to increase knowledge of depression and suicide, modify perceptions of depression and suicide, increase knowledge of suicide prevention resources, 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 of suicide, seeking help and overcoming barriers to seeking help, and school and community suicide prevention resources. By educating students about seeking help and the resources available to them, the intervention aims to empower students to get help for themselves or others.

- Grade Levels:** High (9-12)
Tier: Universal (Tier 1)
Cost: \$125 for the teacher's guide and CD with materials
Duration: 3 hours (1 hour per day over 3 days)
Training Info: Training is not required; technical assistance is available upon request.
Evidence: Developed based on review of suicide prevention literature, expert consultation and feedback
Website: <https://save.org/what-we-do/education/leads-for-youth-program/>
Contact: Suicide Awareness Voices of Education (SAVE): save@save.org or call (952) 946-7998

Youth Suicide Prevention and Awareness Resources for Students

Look, Listen, Link

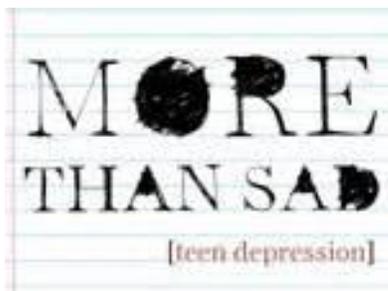


Look, Listen, Link is a classroom-based prevention curriculum designed for students in 6th-8th grade. It aims to teach students not only the facts about stress, anxiety, depression, and suicide prevention, but also practical life skills to help a friend who may be struggling with these issues. Lessons are designed to be easily embedded into health, social skills, or family life curricula. Students engage in interactive exercises, classroom discussions, role plays, and observation.

- Grade Levels:** Middle (6-8)
Tier: Universal (Tier 1)
Cost: \$250 per kit
Duration: 4 lessons (45 minutes each)
Training Info: Implemented by classroom teacher or counselor.
Training not required.
Evidence: Based on best practices
Website: <https://crisisclinic.org/education/community-training-opportunities/school-curriculum/#LISTEN>
Contact: Crisis Clinic (formerly YSPP):
Phone: 206-461-3210
Fax: 206-461-8368
Email: info@crisisclinic.org

Youth Suicide Prevention and Awareness Resources for Students

More than Sad



More Than Sad teaches adolescents to recognize the signs of depression in themselves and others, challenges the stigma surrounding depression, and demystifies the treatment process. Developed by the American Foundation for Suicide Prevention (AFSP), the program includes a DVD, facilitator guide, pre/post quizzes, a feedback form, and various suicide prevention resources.

- Grade Levels:** High (9-12)
Tier: Universal (Tier 1)
Cost: \$59.99 for the More Than Sad DVD
Facilitator guide and materials are free to download
Duration: 75 minute lesson delivered in 1-2 class periods
Training Info: Facilitator guide is available on the AFSP website
Evidence: Developed and reviewed by suicide prevention/mental health experts
Website: <https://afsp.org/our-work/education/more-than-sad/>
Contact: Ann Haas, PhD, Director of Prevention Projects:
ahaas@afsp.org
Paula Clayton, MD, Medical Director:
pclayton@afsp.org

Youth Suicide Prevention and Awareness Resources for Students

Pennsylvania Department of Education's Youth Suicide Education Awareness and Prevention Model Curriculum



This model curriculum is intended for students to increase correct information about suicide, address adolescent suicide as complex and related to mental health, reinforce suicide as a preventable tragedy, recognize at risk behaviors, and give actions that can be taken as prevention or protection. It can be used in the development of a curriculum to meet the needs of the learning goals for students. It should be utilized as a minimum response to educate students and can be used as a reference to guide professionals to develop personalized curriculum to meet the needs of the community.

It is recommended that suicide awareness education be incorporated into a mental health learning unit in the natural learning progression and not a standalone "initiative" that is not anchored in the regular curriculum.

- Grade Levels:** Middle (6-8), High (9-12)
Tier: Universal (Tier 1)
Cost: Free
Duration: Time/duration is at the discretion of the LEAs
Training Info: It is recommended that school policy/procedures are in place and that educators have received gatekeeper training prior to implementation.
Evidence: Based on information from national suicide prevention organizations and programs
Website: Available on PDE's Office for Safe Schools website:
<http://www.education.pa.gov/Documents/K-12/Safe%20Schools/Act%2071/Youth%20Suicide%20Education%20Awareness%20and%20Prevention%20Curriculum.pdf>
Contact: Joseph F. Loccisano, EdD
Email: jloccisano@pa.gov
Phone: (717) 346-4253

Youth Suicide Prevention and Awareness Resources for Students

Please Live



Please Live provides a three-pronged approach for comprehensive mental health education for youth and young adults. We begin by providing Youth Mental Health First Aid training to teachers. Then, we teach the students a general mental health and suicide prevention course which breaks down stigma and teaches students how to get help for mental health problems, as well as how to intervene if they believe a peer is suicidal (ACE - Ask, Care, Escort). Lastly, we coordinate a mental/behavioral health fair in the school to connect students with resources that can help.

Please Live, Inc. officially partners with the Mental Wellness Awareness Association (MWAA) to provide Youth Mental Health First Aid training. As a component of the Please Live program, YMHFA training costs approximately \$70/teacher. However, through community grants, the program is frequently provided at reduced or no cost.

- Grade Levels:** Middle (6-8), High (9-12), and College
Tier: Universal (Tier 1)
Cost: \$5 per student
Community grants can be used to reduce the cost.
- Duration:** Student education is delivered through an assembly or guest speakers during health classes.
Timing for the resource fair is flexible.
- Training Info:** Only representatives of Please Live can deliver this program.
- Evidence:** Student educational program delivered with experts, individuals with lived experience, and school staff
- Website:** www.pleaselive.org
Contact: Alexa Moody, Executive Director:
Email: support@pleaselive.org
Phone: (717)422-6951

Youth Suicide Prevention and Awareness Resources for Students

Question, Persuade, Refer (QPR)



QPR (Question, Persuade, and Refer) is a 1-2 hour educational program designed to teach "gatekeepers" the warning signs of a suicide crisis and how to respond.

Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide, including youth. The process follows three steps: (1) Question the individual's desire or intent regarding suicide, (2) Persuade the person to seek and accept help, and (3) Refer the person to appropriate resources. In addition to overviewing this 3-step process, participants learning about common suicide myths and warning signs, and they have the opportunity to practice the steps of QPR through role play.

The QPR Institute recommends that school staff and parents receive suicide prevention training prior to youth training.

All participants in QPR trainings must receive a QPR booklet.

Grade Levels: Grades 7-12

Tier: Universal (Tier 1)

Cost: Varies, based on instructor fee
Booklets cost \$3.00 each

Duration: Varies, but typically 1-2 hours

Training Info: Only trained QPR Instructors can deliver the training

Evidence: Select Citation: Wyman, P. A., Brown, C. H., Inman, J., Cross, W., Schmeelk-Cone, K., Guo, J., et al. (2008). Randomized trial of a gatekeeper program for suicide prevention: 1-year impact on secondary school staff. *Journal of Consulting and Clinical Psychology*, 76(1), 104–115.

<http://doi.org/10.1037/0022-006X.76.1.104>.

Website: <http://www.qprinstitute.com/>

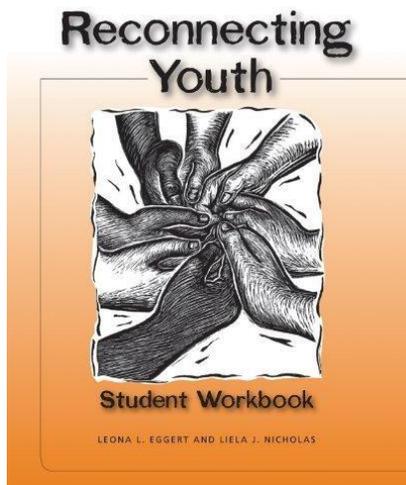
Contact: Contact form available on the QPR Institute website or call (888) 726-7926

Additional information about QPR training in Pennsylvania is available on the Prevent Suicide PA website:

<https://www.preventsuicidepa.org/pspa-trainings/>

Youth Suicide Prevention and Awareness Resources for Students

Reconnecting Youth



RY is a school-based indicated prevention program for young people in middle and high school who are at risk for school dropout, drug involvement, anger/aggression, depression and/or suicidal behavior. At the core of the program is a semester-long class offered for credit and a grade. RY also incorporates several social support mechanisms for participating youth: social and school bonding activities to improve teens' relationships and increase their repertoire of safe, healthy activities; development of a crisis response plan detailing the school system's suicide prevention approaches; and parent involvement, including active parental consent for their teen's participation and ongoing support of their teen's RY goals.

- Key components of the program are
- 1) The RY curriculum
 - 2) Social and School Bonding Activities
 - 3) School Crisis Response Plan

- Grade Levels:** Middle (6-8) and High (9-12)
Tier: Targeted/Intensive (Tier 2/3)
Cost: \$318 for a curriculum set; see website for training and technical assistance costs
Duration: Semester-long class (approximately 70 class periods) offered for credit and a grade
Training Info: RY facilitator training is highly recommended to implement with fidelity
Evidence: Research findings can be reviewed at <http://www.reconnectingyouth.com/research/ry-summary-of-findings/>
Website: <http://www.reconnectingyouth.com/>
Contact: Phone: 1 (425) 861-1177
Fax: (888) 352-2819
Email: info@reconnectingyouth.com

Youth Suicide Prevention and Awareness Resources for Students

Response



Response is a comprehensive high school-based program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.

Response may be implemented school-wide or district-wide. It includes a student education component, as well as a staff in-service training. Additional components, including parent education and sample suicide prevention procedures are also available.

Response also includes technical assistance for key staff to ensure that suicide prevention efforts are sustained at your school.

Sample guidelines for suicide prevention, intervention and postvention are also available through this program.

- Grade Levels:** High (9-12)
Tier: Universal (Tier 1)
Cost: \$425 per school kit
Duration: Five 50-minute classroom based lessons and a 2-hour staff inservice
Training Info: An implementation manual with step-by-step instructions is included.
Evidence: Based on current research on effective school-based suicide prevention and recognized by the Suicide Prevention Resource Center
Website: <http://www.columbiacare.org/response.html>
Contact: Gary McConahay, PhD, Clinical Director
Phone: 1 (541) 858-8170
Email: gmconahay@columbiacare.org

Youth Suicide Prevention and Awareness Resources for Students

Signs of Suicide (SOS)



The SOS Signs of Suicide Prevention Programs teaches students how to identify the signs of depression and suicide in themselves and their peers and encourages help-seeking behaviors through the ACT® technique (Acknowledge, Care, Tell). The program includes a step-by-step implementation guide, an educational DVD/discussion guide for students, and two tools to identify students in need: a validated adolescent depression screening tool and response cards that encourage help-seeking.

A training DVD for staff and parents, posters, newsletters, and wallet cards help spread awareness and reinforce the ACT message throughout your school and community. Although not required for program implementation, comprehensive trainings for program implementers and suicide prevention champions are available for a fee.

NREPP:

<http://nrepp.samhsa.gov/ProgramProfile.aspx?id=85>

- Grade Levels:** Middle (6-8) and High (9-12)
Tier: Universal (Tier 1)
Cost: \$495.00 for middle or high school kit
Duration: 2 class periods
Training Info: A step-by-step implementation guide is included.
Evidence: Select Citation: Aseltine, R. H., & DeMartino, R. (2004). An outcome evaluation of the SOS suicide prevention program. *American Journal of Public Health, 94*(3), 446–451.
Website: smhinfo@mentalhealthscreening.org
Contact: Phone: (781)-239-0071
Email: smhinfo@mentalhealthscreening.org

Youth Suicide Prevention and Awareness Resources for Students

Sources of Strength (SOS)



Sources of Strength is a youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on. It includes training of adult advisors and peer leaders, who then lead a range of school-wide messaging campaigns and activities over a 3-6 month period, sometimes over multiple years.

The Sources of Strength website contains a grant writing packet to assist schools and communities with obtaining funding for the program. Scholarships are sometimes available.

NREPP:

<http://legacy.nreppadmin.net/ViewIntervention.aspx?id=248>

Grade Levels: Middle (6-8), High (9-12), College

Tier: Universal (Tier 1)

Cost: \$5,000 per school team

Duration: Adult Advisors: 40 hours over 3-6 months

Peer Leaders: 4-hour initial peer training

Training Info: Each program includes a training manual. All materials are included with the program.

Evidence: Select Citation: Wyman, P. A., Brown, C. H., LoMurray, M., Schmeelk-Cone, K., Petrova, M., Yu, Q., et al. (2010). An outcome evaluation of the Sources of Strength suicide prevention program delivered by adolescent peer leaders in high schools. *American Journal of Public Health, 100*(9), 1653–1661. <https://doi.org/10.2105/AJPH.2009.190025>.

Website: <https://sourcesofstrength.org/>

Contact: Email: info@sourcesofstrength.org

Youth Suicide Prevention and Awareness Resources for Students

Youth Aware of Mental Health (YAM)



YAM offers a hands-on approach to mental health issues such as stress, crisis, depression and suicide. The programme spans over five sessions with three role-play workshops at the core. In YAM youth are considered experts of their own mental health and their voices and experiences take centre stage. Role-play and reflection stand at the core of the program as the youth play out and discuss a wide variety of feelings, solutions and outcomes. Cognitive, emotional and experiential learning in YAM help youth to explore problem solving and encourages solidarity and how they can help peers in need. Additionally, YAM provides a guide that helps youth connect with local mental and general health resources as well as organizations who work with youth rights and empowerment in their communities.

YAM has been shown to reduce depression and anxiety, suicide attempts, and severe suicidal ideation and facilitates healthy lifestyle choices among European youth.

- Grade Levels:** High (9-12) – ages 14-16
- Tier:** Universal (Tier 1)
- Cost:** Training to become an instructor is approximately \$2,400. Cost to bring an instructor on site varies according to instructor salary.
- Duration:** 5 hours – 2 hours of interactive lecture, 3 hours of role play
- Training Info:** Only trained YAM instructors can deliver the program.
- Evidence:** Select Citation: Wasserman, D., Hoven, C. W., Wasserman, C., Wall, M., Eisenberg, R., Hadlaczky, G., et al. (2015). School-based suicide prevention programmes: The SEYLE cluster-randomised, controlled trial. *The Lancet*, 385(9977), 1536–1544. [http://doi.org/10.1016/S0140-6736\(14\)61213-7](http://doi.org/10.1016/S0140-6736(14)61213-7).
- Website:** <http://www.y-a-m.org/>
- Contact:** General questions about YAM: info@y-a-m.org
Questions about upcoming YAM Instructor Courses: courses@y-a-m.org

Youth Suicide Prevention and Awareness Resources for Students

Appendix: Suicide Prevention Resources

National Resources

Substance Abuse and Mental Health Services Administration (SAMHSA)

<https://www.samhsa.gov/suicide-prevention>

Suicide Prevention Resource Center

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

The Trevor Project

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

Pennsylvania Resources

Garrett Lee Smith Youth Suicide Prevention Grant

<http://preventsuicidepa.org/gls>

Prevent Suicide PA

<http://preventsuicidepa.org>

Pennsylvania Department of Education (PDE), Office of Safe Schools Act 71 Page

<http://www.education.pa.gov/K-12/Safe%20Schools/Pages/Act-71.aspx#tab-1>

PA Network for Student Assistance Services (PNSAS)

<http://pnsas.org/>

Crisis Resources

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255)

<http://nationalsuicidepreventionlifeline.org/>

Crisis Text Line: Text PA to 741-741

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