

EAA Suicide Prevention Policy

The EAA Board approved the EAA Suicide Prevention policy and EAA Suicide Prevention (TK-6) policy, developed by school and community stakeholders, the county mental health plan, school employed mental health professionals, and suicide prevention experts. In accordance with state laws, the policy addresses procedures related to suicide prevention, intervention, and postvention. The policies address all grade levels within EAA and are age appropriate in order that any prevention and support efforts are sensitive to the needs of young students. The policies also addresses the needs of high-risk groups, including, but not limited to, all of the following:

- Youth bereaved by suicide
- Youth with disabilities, mental illness, or substance use disorders
- Youth experiencing homelessness or in out-of-home settings, such as foster care
- LGBTQIA+ youth

The policy is written to ensure that a school employee acts only within the authorization and scope of the employee's credential or license and to ensure proper coordination and consultation with appropriate parties. The full text of both policies are located below.

Do you feel anxious, hopeless, desperate, trapped, or have uncontrolled anger? Do you feel withdrawn or that you just can not connect with anyone? Are you experiencing bullying or feel harassed? All staff members at EAA are here to help. Ask your TOR for help or reach out to your School Counselor. You can also submit a request for support [here](#).

Know the Signs of Youth Suicide

It is important to know the signs, find the words, and reach out if you or someone you know needs help and support.

Pain isn't always obvious. Yet most people who are considering suicide show some warning signs or signals of their intentions. The signs or changes in behavior may appear in conversations, through their actions, or in social media posts. These are of most concern if the behavior is new, has increased, or seems related to a painful event, loss, or change.

Some signs to look for include:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Reckless behavior
- Putting affairs in order
- Uncontrolled anger
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation

- Changes in sleep
- Sudden mood changes
- No sense of purpose

If you have or know anyone with any of these signs you should contact a safe adult or call 911 or 988.

Learn more about the warning signs at www.SuicideisPreventable.org and download the [e-card](#) for quick reference.

Take a moment to watch this [short clip](#) that can be shared via social media.

Find the Words

Feeling connected to friends, family, and our community can be a protective factor against suicide. EAA staff are committed to creating a safe space for students. Parents are always encouraged to have direct conversations with their children about suicide and let them know that they are comfortable talking about anything their child might need to talk about, including suicide. Creating a safe space at a time when there is no crisis is one way we can play a role in suicide prevention.

“Are you thinking about suicide?” These words can be difficult to say, but when it comes to suicide prevention, none are more important. Asking someone directly about suicide can be difficult; being direct provides an opportunity for the person to open up and talk about their feelings. Asking directly about suicide will not suggest the idea to them. It is through the act of listening, expressing concern, and providing reassurance that they will feel supported. To learn more about the warning signs for suicide and tips to prepare for a conversation with someone you are concerned about visit the “Find the Words” section of the website: <https://www.suicideispreventable.org/>

Start the conversation

- Have a list of resources available
- Practice what you will say
- Mention the signs you have noticed
- Ask directly about suicide
- If they answer “yes”, stay calm, do not leave them alone, call 911 or the National Suicide Prevention Lifeline at 988.

Listen, express concern, reassure

- Listen and validate
- Let them know you care
- Stay with the person

Get help

- Provide resources
- Call the National Suicide Prevention Lifeline anytime at 988
- If the situation is critical, call 9-1-1, or take the person to the nearest emergency room or walk-in psychiatric clinic

What NOT to say

- Do not ask questions in a way that indicates you want “No” for an answer, such as “*You don’t really want to die do you?*”

- Do not tell the person to do it.
- Do not show anger or frustration.
- Do not promise secrecy.

If you think someone is thinking about suicide, listen to your instincts and take it seriously. Do not leave them alone. Call the National Suicide Prevention Lifeline at 988 or 911 at any time for assistance.

Reach Out

If you or someone you know needs help, please know that you are not alone. Crisis lines, counselors, intervention programs, and more are available to you, whether you are in crisis yourself or concerned about someone else. Here are some numbers to call for supports:

- National Suicide Prevention Lifeline: 988
- Crisis Text Line: Text HOME to 741-741
- The Trevor Project (for LGBTQ Young People): 1-866-488-7386
- Friendship Line (for Older Adults): 1-800-971-0016
- Trans Lifeline: 1-877-565-8860
- Teen Line: Call 1-800-852-8336 (from 6 p.m. to 10 p.m. PST)

What is 988?

988 has been designated as the three-digit dialing code that will route callers to the National Suicide Prevention & Mental Health Crisis Lifeline and increase the accessibility of the Lifeline for individuals beginning July 16, 2022. The National Suicide Prevention Lifeline provides confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States. For more information about the Lifeline, visit www.suicidepreventionlifeline.org.

Suicide Prevention Policy TK – 6th Grade

EAA wants to keep all students safe. We have people who can help if you are not feeling okay. We work together with mental health professionals so students can get free help if they need it. We can help all students, including those who:

- Feel sad or depressed;
- Feel anxious or upset;
- Have lost someone to suicide;
- Have disabilities;
- Have a mental illness;
- Have substance use disorders;
- Are homeless or in out-of-home settings like foster care; or
- Who are LGBTQ

To keep students healthy and prevent self-harm, EAA uses preventative interventions to teach students:

- To be mindful of their self and their feelings;
- How to be kind to everyone;
- How to make good decisions;
- What to do if someone being mean or a bully;
- How to ask for help;
- How to get help for others; and

- How to cope with stress and trauma.

If you need help or someone to talk to you can ask a school staff person for help. School staff can only help within the authorization and scope of their credential or license. Only those with the right training and license can diagnose or treat mental illness. Every staff person, however, must be kind and caring.

School Staff are trained by experts to help:

- Look for students who are in crisis or display warning signs;
- Find the right mental health services at school and outside school; and
- Refer students and families to those services.

If school staff hear or see any warning signs, they will ask a School Counselor to help the student. Any student who is in crisis will not be left alone. The School Counselor(s) will decide the risk of harm and how best to help the student.

If students try to hurt themselves at school, staff will:

- Remain calm and let the Director or designee know what is happening;
- Get emergency medical services for the student;
- Be caring and stay with the student until help arrives;
- Offer help to the student and their family; and
- Help the student come back to school when they are ready.

If students try to hurt themselves away from school, staff will:

- Let the Director or designee know what is happening;
- Offer help to the student and their family; and
- Help the student come back to school when they are ready.

After a student has, or knows someone who has had, a crisis, staff will:

- Share what happened with only those who need to know;
- Make a plan with the family to help the student;
- Help the student make up any missed work;
- Be caring and help the student in school; and
- Follow up with the student and family often to see what help is needed.

If someone dies by suicide staff will:

- Send a team of appropriate crisis responders including counselors to the school to help anyone who is in need, and
- Offer help to any families who are in need.

If any student ever needs help, they can:

- Ask any staff person for help;
- Fill out a school request for help form;
- Call KBHRS Crisis Hotline at 1-800-991-5272; or
- Call the National Suicide Prevention Lifeline at 1-800-273-8255

The policy was made with input from school and community people, the county mental health plan, school mental health staff, and suicide prevention experts. The policy ensures everyone works together to help our students.

WEB SITES

American Association of Suicidology: suicidology.org

American Foundation for Suicide Prevention: afsp.org

American Psychological Association: apa.org

American School Counselor Association: schoolcounselor.org

California Department of Education, Mental Health: cde.ca.gov/ls/cg/mh

Centers for Disease Control and Prevention, Mental Health: <http://www.cdc.gov/mentalhealth>

HEARD Alliance: <http://www.heardalliance.org/>

National Action Alliance for Suicide Prevention:

<http://suicidepreventionmessaging.actionallianceforsuicideprevention.org/>

National Association of School Psychologists: <http://www.nasponline.org>

National Institute for Mental Health: <http://www.nimh.nih.gov>

Suicide Awareness Voices of Education (SAVE): <https://www.save.org/product/parents-as-partners/>

Suicide Prevention Resource Center: <http://www.sprc.org/about-suicide>

Suicide Prevention Lifeline: <http://suicidepreventionlifeline.org>

Trevor Project: <http://thetrevorproject.org>

U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>