



# Youth Suicide Prevention

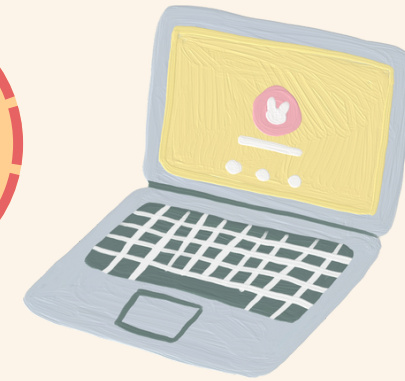


Through School-Based Mentorship Programs

Presented by: Kayla Doege, BS

# OBJECTIVES

Objectives



01

Participants will recognize the relationship between school connectedness and suicide.

03

Participants will be able to understand strategies for integrating suicide prevention into already established processes and programming.

02

Participants will learn about various evidence-based trainings, screening tools, and safety plans that can be utilized to support their suicide prevention and intervention efforts.

# INTRODUCTION

Intro



**Kayla Doege**  
Youth Resiliency  
Coordinator

elevate 



## Check & Connect Mentor

- Tier 2 early intervention
- Promote school connectedness
- Long-term mentorship (2-year minimum)
- Monitor performance variables:
  - Grades
  - Attendance
  - Behavior
- Family engagement

# EXPECTATIONS VS REALITY

Truancy

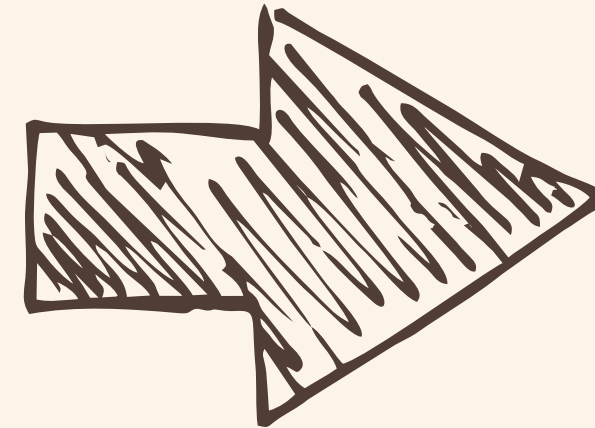
The Iceberg...

Time management

Organization

Sleep hygiene

Healthy habits



# BEHAVIOURAL ICEBERG

WHAT WE SEE:

## TRUANCY

"I DON'T WANT TO GO TO SCHOOL."

WHAT WE DON'T SEE:



Box of OT©

Image source:


Teachers pay Teachers:  
Box of OT



01

## THE ROLE OF SCHOOLS

Participants will recognize the relationship between school connectedness and suicide.



Objective 1

# THE ROLE OF SCHOOLS:

## The Protections

The Protections



# PROTECTIVE FACTORS

- **Social connection and parental connection**
  - Increases in these were both independently predictive of lowered likelihood of reporting suicidal thoughts
- **School connectedness**
  - Protective factor against reporting suicide attempt behaviors
    - Increases in school connectedness were associated with lowered likelihood of reporting suicide attempts



# PROTECTIVE FACTORS CONT.

## Individual

- Coping skills
- Problem-solving skills
- Reasons for living



## Relationship

- Support from friends, family, staff
- Feeling connected to others



## Community

- Feeling connected to school, community, and other social institutions



# BENEFITS OF TRUSTING RELATIONSHIPS

Student Motivation



Self-efficacy



Academic Achievement



Peer relationships



# THE ROLE OF SCHOOLS:

## The Risks

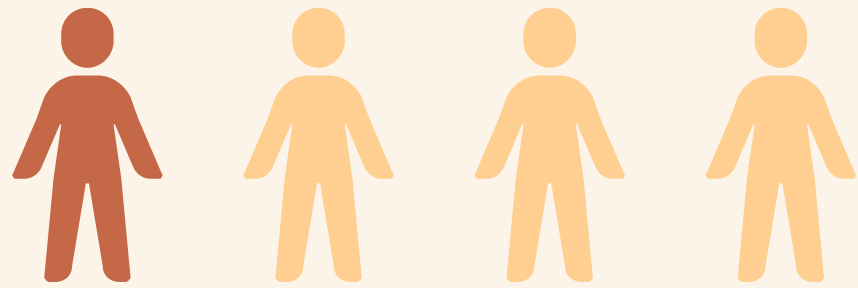
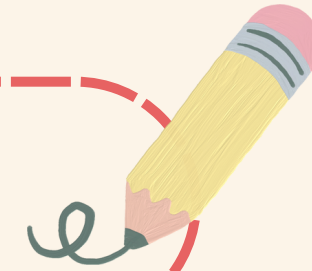
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The Risks



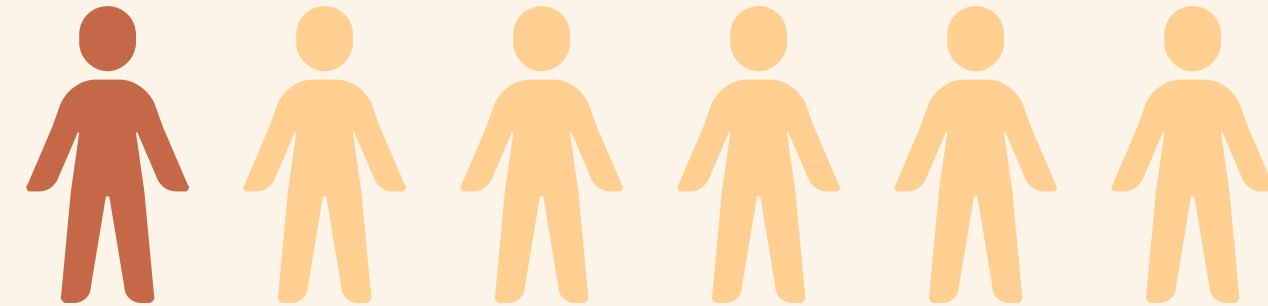
# STUDENT DATA



1 out of 4

Approximately 1 in 4 youth who died by suicide had a reported school problem.

Wisconsin Violent Death Reporting System, Division of Public Health,  
Wisconsin Department of Health Services, 2013–2017.



1 out of 6

Approximately 1 in 6 Wisconsin public high school students considered suicide during the past 12 months.

Youth Risk Behavior Survey, Department of Public Instruction, 2017.

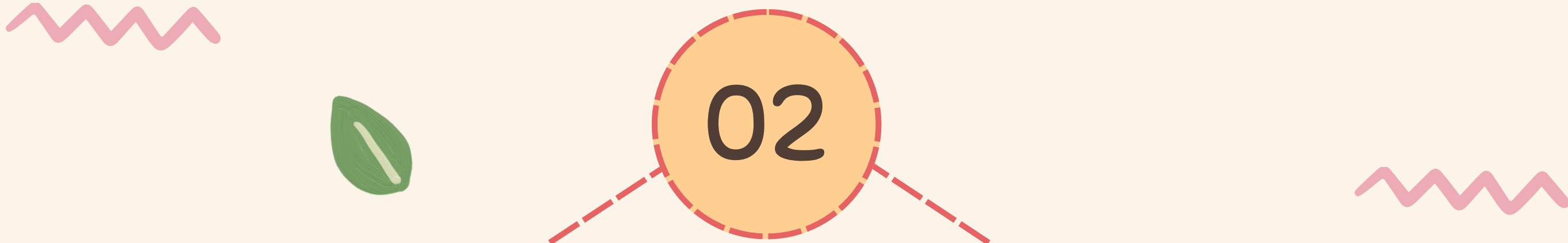
# STUDENT DATA CONT.

**Figure 48.** Top 5 suicide-related themes by age group

Themes	10-13	14-17	18-24	25-44	45-64	65+
1.	Recent argument with parent	Recent argument with parent	Alcohol use	Alcohol use	Alcohol use	Physical health problems
2.	Bullying victim	Bullying victim	Legal issues	Financial strain	Physical health problems	Chronic pain
3.	Loss of privileges/ items	Self-harm	Substance abuse	Argument with partner	Financial strain	Anxiety
4.	History of self-harm	Alcohol use	Argument with partner	Anxiety	Chronic pain	Cancer diagnosis
5.	Recent suspension from school	Anxiety	Relationship problems	Physical health problems	History of alcohol misuse	History of alcohol misuse

**Note:** The age groupings used in this analysis differ from age groupings used in other parts of this report. The age groupings here are based on the most common themes.

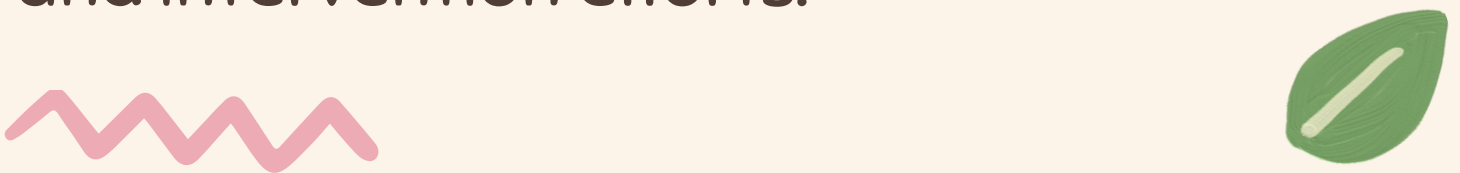
**Source:** Wisconsin Violent Death Reporting System, 2012-2016.



02

## SETTING THE FOUNDATION

Participants will learn about various evidence-based trainings, screening tools, and safety plans that can be utilized to support their suicide prevention and intervention efforts.

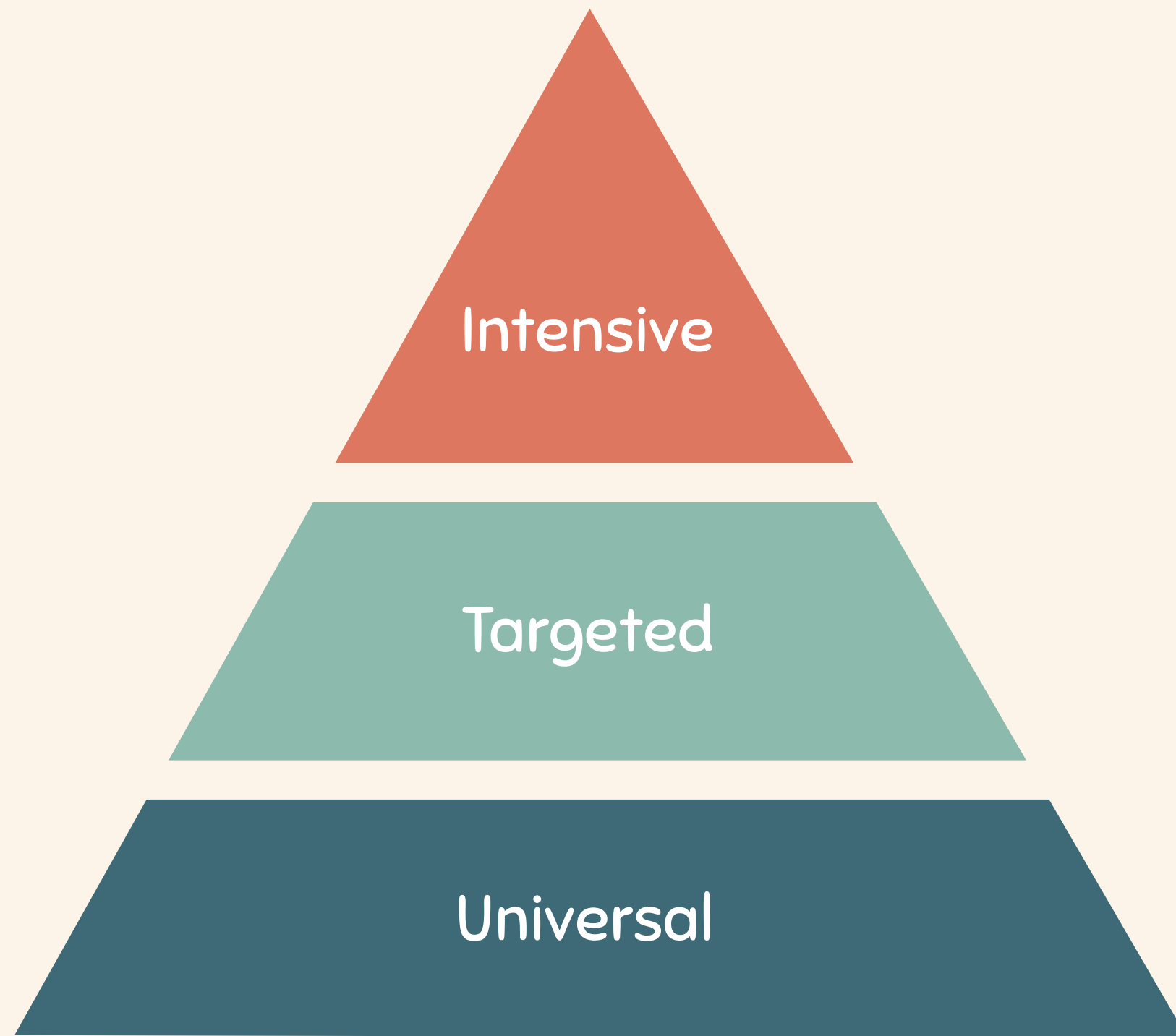


Objective 2

“  
You can avoid  
reality, but you  
cannot avoid the  
consequences of  
avoiding reality.

-Ayn Rand





## Multi-Tiered Systems of Support

- Counselors
- Therapists
- Community mental health providers

- Interventions and supports for at-risk students
- Screening tools
- Crisis-intervention teams/"Champions"

- Positive school culture
- Staff training and proficiency
- Conversations
- Resources
- In-class education
- Universal screenings



All programs have Zero Suicide procedures



All staff trained in Youth Mental Health First Aid



All staff trained as QPR Gatekeepers (and instructors!)



All staff trained in Columbia Suicide Severity Rating Scale protocol



Early intervention staff trained in safety planning

# EVIDENCE-BASED SUICIDE PREVENTION PROGRAMS



## Signs of Suicide (SOS)

A classroom lesson that combines educational videos, discussion guides, depression screening, and response slips to seek help.

<https://mindwise.org/sos-signs-of-suicide/>



## Sources of Strength

Takes a strength-based, upstream approach to preventing negative outcomes while promoting well-being, help-seeking, resiliency, healthy coping, and a sense of belonging.

<https://sourcesofstrength.org>



## REDgen

A peer-to-peer school-based model that empowers young people to build resiliency skills and support each other.

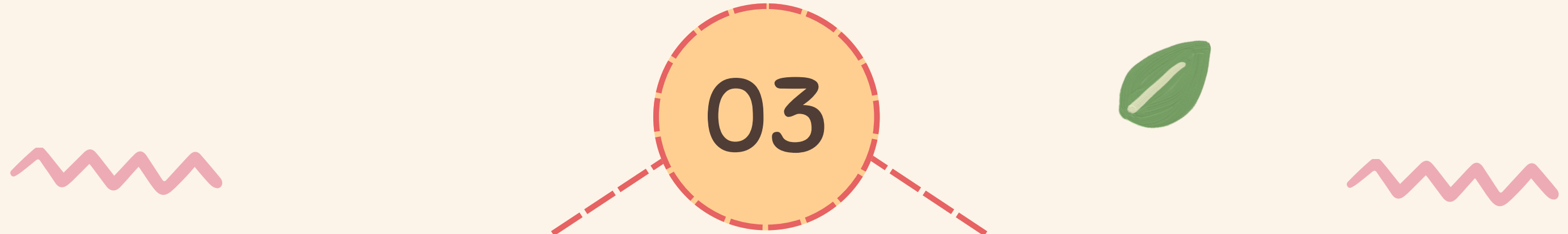
<https://www.redgen.org>



## Hope Squad

Elevates mental wellbeing through peer-to-peer suicide prevention programming.

<https://hopesquad.com>

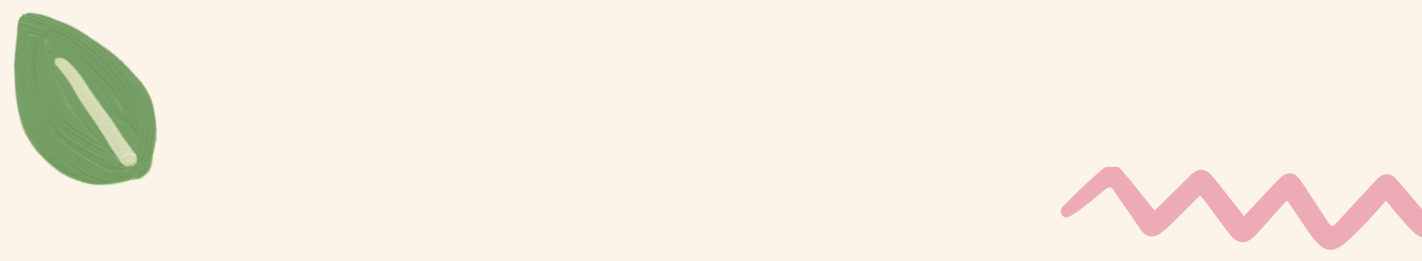


03



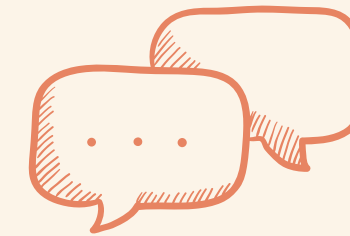
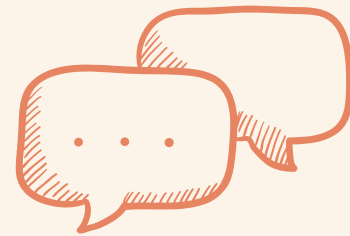
## INTEGRATION

Participants will be able to understand strategies for integrating suicide prevention into already established processes and programming.



Objective 3

# PROGRAM IMPLEMENTATION



## Referral

## Intake

## Duration

## Exit

## Continuing

Specified referral criteria

YRBS 30-day self-harm and suicide questions

QPR

YRBS 30-day self-harm and suicide questions

Caring contacts 30 days after discharge

Informed consent

Youth Wellbeing Assessment CAT

Zero Suicide procedures

Youth Wellbeing Assessment CAT

Release of Information

C-SSRS

Trauma-informed



## BARRIERS & CHALLENGES TO IMPLEMENTATION


- Staff capacity
- Mandated reporting
- Scope of practice
- Funding
- School board approval
- Reaching the intended population
- Compassion fatigue





# TIPS



- Know the facts
  - Connect with your local community services
  - Set the foundation to boost confidence and reduce stigma
  - Disclose assessments/screenings/etc. on informed consent
  - Keep student autonomy in mind
  - Follow up with students/families
  - Take care of yourself!
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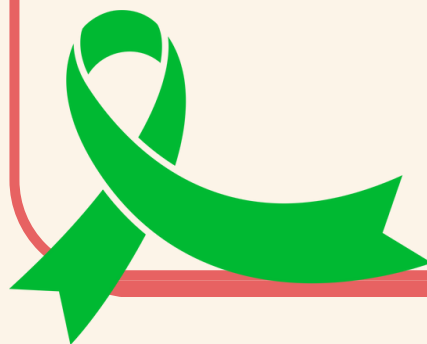


# BREAKOUT!



## Question 1

How does your school/agency support suicide prevention efforts?



## Question 2

What challenges have you encountered?

## Question 3

Share a success you have had in your suicide prevention efforts, big or small!


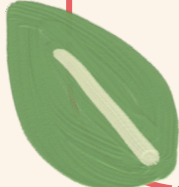


# MORE RESOURCES

## Organizations



- WI Department of Health Services
- American Foundation for Suicide Prevention Wisconsin
- Mental Health America of Wisconsin
- Prevent Suicide Wisconsin
- National Alliance on Mental Illness (NAMI) Wisconsin
- Wisconsin Office of Children's Mental Health

## Books

- Counseling Suicidal People: A Therapy of Hope by Paul G. Quinnett
  - Suicide: The Forever Decision by Paul G. Quinnett
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Thank You

By Kayla Doege