Suicide Prevention & Post-vention Training Opportunities

Legislative Requirements for Suicide Prevention

Suicide Prevention Education for Middle and High School Staff

SB 65 (2010) amends KRS 158.070 to require all high school and middle school principals, guidance counselors and teachers to complete a minimum of two hours of self-study review of suicide prevention materials each school year. It also amends KRS 161.011 to permit suicide prevention training for classified employees.

Suicide Prevention Information for Middle and High School Students

HB 51 (2010) amends KRS 156.095 to require the Cabinet for Health and Family Services to post suicide prevention awareness and training information on its webpage. It requires every public middle and high school administrator to disseminate suicide prevention awareness information to all middle and high school students by September 1 of each year.

Resources

The Kentucky Department of Education (KDE) partners with other stakeholders to offer trainings and resources which may be of help when dealing with suicide prevention:

- Youth Mental Health First Aid – This training aims to reduce stigma around mental illness and increases early identification of problems by teaching mental health literacy to adults. This includes:
    - prevalence of mental health disorders
    - how to build protective factors and identify risk factors o signs and symptoms that anyone can watch for
    - how to appropriately step in and be a support in crisis and non-crisis situations until professional help is available
    - how to find help for someone experiencing a mental health problem or crisis

  Through the Kentucky Project AWARE grant, Youth Mental Health First Aid trainings are offered to school and district staff. Contact Kathryn Tillett at (502) 564- 4970, ext. 4141 or Kathryn.tillett@education.ky.gov for more information.
- **Trauma Informed Care Training** - Kentucky schools can receive training and technical assistance in adopting trauma informed practices by contracting the behavioral specialists in your local special education coop or by contacting Kathryn Tillett at (502) 564- 4970, ext. 4141 or Kathryn.tillett@education.ky.gov.
- Sources of Strength - Partnering with the Cabinet for Health and Family Services, Sources of Strength is a peer-led suicide prevention program trainings that is offered to school and district staff. This program is designed to harness the power of peer social networks to change unhealthy norms and culture, build resiliency in youth, and prevent suicide, bullying, and substance abuse. Contact Rae Burgess at (502) 564-4772, ext. 4019 or rae.burgess@education.ky.gov or Doug Roberts at (502) 564-4772, ext. 4055 or doug.roberts@education.ky.gov for more information.
- CIBRS Videos - KDE recently released a four video training series to help all school adults understand how they can help promote student resilience, as well as identify and appropriately support students who may be struggling with a mental health disorder. The videos were developed in partnership with the Center for Instructional and Behavioral Research in Schools (CIBRS) at University of Louisville and are designed increase knowledge of evidence-based PBIS practices to effectively promote and support student mental wellness.

In response to Kentucky legislation regarding suicide prevention training and awareness for middle school and high school staff and students, the Kentucky Cabinet for Health and Family Services (CHFS) has prepared information about evidenced bases programs, training and materials**. For more information on the programs listed below, contact Patti Clark at (502) 782-9010 or patti.clark@ky.gov.**

On-Site Training for Staff

- QPR – Ask a Question and Save and Life **-** Gatekeepers are trained to know the signs of suicide, how to talk to a person, and then guide him or her to the help he or she needs. Gatekeepers are trained through QPR Suicide Prevention Gatekeeper Training. Certified school staff training sessions are two hours and meet the mandated training requirements. Classified staff and community QPR training sessions generally run 90 minutes.

Online Training for Staff

- Society for the Prevention of Teen Suicide (SPTS) - SPTS offers free, interactive self-paced training for school personnel. "Making Educators Partners in Youth Suicide Prevention" is a free online course open to anyone, and CEUs are available. The website also includes information for parents.
- The Jason Foundation, Inc. - This is a staff development program that provides free two-hour, self-paced online training for educators, called "Youth Suicide Awareness and Prevention." Participants receive a certificate following the completion of the training. Its website also includes tips for parents.

School-Facilitated Training for Students

Suicide Prevention & Post-vention Training Opportunities

- Lifelines: A Suicide Prevention Program - This is a comprehensive, whole-school suicide prevention curriculum for implementation in middle school and high school. This curriculum includes a program guide, a CD-ROM (which contains reproducible handouts and other resources) and two DVDs.
- More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel - The American Foundation for Suicide Prevention (AFSP) has partnered with the New York State Office of Mental Health to develop an educational program to help teachers and other school personnel to learn more about teen suicide and how they can play a role in its prevention. This program features two films, each approximately 25 minutes in length, and a manual that integrates both films into a comprehensive suicide prevention program. The program is designed to comply with state requirements or recommendations for teacher education in suicide prevention, and it can be used for group training or individual study.
- SOS Signs of Suicide®. These high school and middle school depression awareness and suicide prevention programs can be implemented in one or more classroom periods by existing school staff. The SOS programs can also be used in alternative settings serving youth, such as social clubs, after-school programs, and juvenile justice systems.
- Videos Considered Safe and Effective - The American Association of Suicidology Video Review Committee provides standardized reviews of videos to determine whether they have safe and effective messaging for their intended audiences. For a video to receive "recommended" status, the video must meet certain requirements, including that it clearly advocates suicide prevention and that the information provided is accurate.

School Crisis Prevention Training Curriculum for Staff

- PREPaRE: School Crisis Prevention and Intervention Training Curriculum - The PREPaRE curriculum was developed by the National Association of School Psychologists (NASP) to provide evidence-based resources and consultation related for school personnel in crisis preparation, prevention, intervention, response, and recovery procedures, with a special emphasis on the role of school-based mental health professionals.

Other Prevention Resources

- KDE and the Kentucky Center for School Safety provide schools and districts with support in creating high quality emergency operations plans that include pre- and post-vention activities when a crisis occurs, including a suicide or other event that can have a traumatic impact on the school, district, and community. Resources include:
  - Kentucky Center for School Safety's New Emergency Management Resource Guide has a section on suicide which provides information on suicidal threat or ideation, suicide attempt at school, and suicide completed.
  - Safe and Effective Messaging for Suicide Prevention - This document offers evidence-based recommendations for creating safe and effective messages to raise public awareness that suicide is a serious and preventable public health problem.
  - After a Suicide: A Toolkit for Schools - This toolkit includes an overview of key considerations, general guidelines for action, do's and don'ts, templates, and sample materials, all in an easily accessible format applicable to diverse populations and communities.
  - Additional resources can be found on their website.
- The School Mental Health Referral Pathways Toolkit is an innovative, well-researched, and very user friendly guide to help schools and districts maximize mental health resources, build strong collaborations with community providers, and make sure student mental health needs are met effectively and equitably. Among its contents are:
  - a template for parental consent forms
  - a template for creating a memorandum of understanding (MOU) with mental health providers
  - guidance on information sharing and privacy
  - example universal mental health screening tools
  - recommendations regarding culturally and linguistically appropriate services
  - how to create effective cross-agency school mental health teams
  - how to integrate school mental health into a Multi-Tiered System of Support (a.k.a. "MTSS" or "PBIS") framework
- In partnership with Pulaski and Fayette County Schools, the University of Kentucky Center on Trauma and Children created a video training series for caregivers and educators. The training series includes short videos on:
  - Self-regulation Techniques for Children
  - Why Experiences Matter: trauma 101 for caregivers
  - Get Connected: enhancing resiliency through school connectedness
  - When to seek help if your child has experienced a traumatic event

KENTUCKY DEPARTMENT OF EDUCATION
Our Children, Our Commonwealth

Assessment/Accountability   Career and Technical Education

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Commissioner of Education   Communications   District/School Support

☐   ☐   ☐

Educational Programs   Educator Development and Equity

☐   ☐

Exceptional Children   Federal Programs   Kentucky Board of Education

☐   ☐   ☐

School Improvement   Standards/Content Areas

☐   ☐

Kentucky School for the Blind   Kentucky School for the Deaf

Digging deeper to unearth gifted students

Our Vision

Each and every student empowered and equipped to pursue a successful future.

Mission Statement

To partner with districts, schools, families, students, business and industry, and communities to provide leadership and support to ensure success for each and every student.

Our Core Values

The department's core values are equity, achievement, collaboration and integrity.

QUICKLINKS

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Families and Students

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eTranscript

Homeschool

Educators

Certification

Charact. of Highly Effective Teaching

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Culturally Responsive

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Teachers Advisory Council to Meet April 15

09 April 2019

Kentucky Board of Education to meet April 10 in Ashland

05 April 2019

Education Professional Standards Board to meet April 8

03 April 2019

COMMITTEE FOR MATHEMATICS ACHIEVEMENT TO MEET APRIL 17

01 April 2019

Education commissioner recommends districts close loophole in sick leave policies

27 March 2019

REVISED KENTUCKY ACADEMIC STANDARDS ADOPTED FOR 2019-2020 SCHOOL YEAR

22 March 2019

Kentucky's students cannot afford to lose instructional days due to work stoppages

18 March 2019

ALL NEWS RELEASES

INITIATIVES

School Report Cards

School and District Report Cards provide detailed information about each school and district, including test performance, teacher qualifications, student safety, awards, parent involvement and much more.

Every Student Succeeds Act (ESSA)

The federal education law provides Kentucky more flexibility and allows the state to design a more effective accountability system that encourages improved learning opportunities, achievement and readiness for all students.

Charter Schools

House Bill 520 (2017) cleared the way for the first charter schools in Kentucky.

Kentucky Academic Standards Revision

Public feedback is being sought as part of the review/revision process of the Kentucky Academic

Standards in English/language arts, mathematics, health and PE.

Novice Reduction

Information, resources, and tools designed to assist schools and districts reduce the number of students scoring at the novice level and improve overall student achievement.

Best Practices

On this KDE website, search for best and promising practices to support school/district improvement or submit a best practice for consideration.
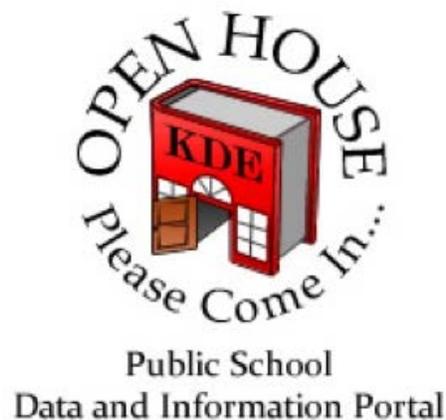
Innovation

"Innovation" is a critical element of the agency's strategic goals as we strive to make every child college and career ready.

EXPLORE

Every Student Succeeds Act (ESSA)

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