

MONROE SCHOOL DISTRICT SUICIDE PREVENTION PLAN

v.2020



Monroe School District
77 Woodsville Rd, Monroe, NH 03771

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Statement of Purpose

The Goal of Monroe School District's Suicide Prevention Plan is to provide students, families and faculty with education, resources, and support, proactively preparing our community to handle students experiencing suicidal ideation (thoughts and plans of suicide). This plan will include community mental health resources, school-based contact information, educational materials, guidelines, protocols and procedures with the objectives of prevention, risk assessment, intervention and response to youth suicides and suicide attempts.

Suicide Prevention Coordinator & Contacts

The School Guidance Counselor at Monroe School District will be responsible for maintaining cooperative relationships and coordinating efforts, resources, and referrals with the local community mental health agencies. The School Guidance Counselor will serve as the Suicide Prevention Coordinator and the Suicide Prevention Liaisons.

Leah Holz- District Administrator lholz@monroeschool77.com

Jackie Gaouette- School Guidance Counselor jgaouette@monroeschool77.com

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Main Number: 603-638-2800

**In the event of a life threatening mental health emergency, call 911 and give details about suicide attempt or danger. Mental health resources will be provided by Emergency Medical Staff on site at your local emergency room.*

Awareness

Being aware of the signs of suicide is critical to students in need getting the help they require. Monroe School District's Counseling Department will include the following:

- School Wide Posters
- Suicide Hotlines Posted
- Student Access to Prevention Program or Coping Skills Program (grade appropriate)
- Parent Education - American Foundation for Suicide Prevention

Confidentiality Statement/Student Privacy

Information about student safety and student mental health is kept private. Information is shared with pertinent faculty and staff who need the information to ensure student safety.

Monroe School District faculty and staff follow-*Mandated Reporting*- Students who share thoughts about suicide, self-harm and/or harming others will never have that information kept in confidence from their parents/guardians. If a student shares information about suicidal ideation, plans or attempts, their parents are contacted immediately and Monroe School District counseling staff enacts the Monroe School District Suicide Protocol. Emergency medical services are contacted in the event of immediate threat of harm or danger.

Dissemination of Information

The plan will be shared and available on the Monroe School District website and in the Parent & Student Handbook. Faculty and staff will be given a copy of the Suicide Prevention Plan during annual training.

Suicide Risk Factors and Warning Signs

Suicide Risk Factors

<https://afsp.org/risk-factors-and-warning-signs>

Risk Factor: Health

- Mental health conditions
 - Depression
 - Substance use problems
 - Bipolar disorder
 - Schizophrenia
 - Personality traits of aggression, mood changes and poor relationships
 - Conduct disorder
 - Anxiety disorders
- Serious physical health conditions including pain
- Traumatic brain injury

Risk Factor: Environment

- Access to lethal means including firearms and drugs
- Prolonged stress, such as harassment, bullying, relationship problems or unemployment
- Stressful life events, like rejection, divorce, financial crisis, other life transitions or loss
- Exposure to another person's suicide, or to graphic or sensationalized accounts of suicide

Risk Factor: Historical

- Previous suicide attempts
- Family history of suicide
- Childhood abuse, neglect or trauma

Suicide Warning Signs

<https://afsp.org/risk-factors-and-warning-signs>

“Something to look out for when concerned that a person may be suicidal is a change in behavior or the presence of entirely new behaviors. This is of sharpest concern if the new or changed behavior is related to a painful event, loss, or change. Most people who take their lives exhibit one or more warning signs, either through what they say or what they do.” (American Foundation for Suicide Prevention)

Warning Sign: Talk

If a person talks about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Feeling trapped
- Unbearable pain

Warning Sign: Behavior

Behaviors that may signal risk, especially if related to a painful event, loss or change:

- Increased use of alcohol or drugs
- Looking for a way to end their lives, such as searching online for methods
- Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Fatigue

Warning Sign: Mood

People who are considering suicide often display one or more of the following moods:

- Depression
- Anxiety

- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger
- Relief/Sudden Improvement

Protective Factors

www.sprc.org/about-suicide/risk-protective-factors

Protective Factors as defined by the Suicide Prevention Resource Center

- Effective Behavioral health care
- Connectedness to individuals, family, community, and social institutions.
- Life skills (including problem solving skills and coping skills, ability to adapt to change).
- Self-esteem and a sense of purpose or meaning in life.
- Cultural, religious, or personal beliefs that discourage suicide.

Education and Training

Faculty Training: In Service Workshops, Webinars

Annually, Monroe School District faculty participates in a professional development training specifically on Suicide Prevention. The teachers review the signs and risk factors of suicide, Monroe School District's suicide protocol, the resource and referral process as well as new information about students at risk. They also have access to additional safety training about suicide prevention if requested. Staff and Bus Drivers are encouraged to reach out to the counseling department with questions or to request resources.

Student Programming: Signs of Suicide

The SOS Program educates students about the connection between depression and suicide. It encourages students to reach out to a trusted adult if they have a friend in need of support. ACT : Acknowledge, Care, Tell model teaches students how to recognize signs of depression and suicide, validate caring for a friend, and then share with a trusted adult. An important message in the discussion points of this program is the need for adult support. Students/friends learn that they cannot be counselors to their friends and that carrying secrets about friend's ideation can have deadly consequences.

Health

Monroe School District's guidance content has a section on mental health taught by the school counselor. Students will discuss making safe and healthy choices, development of coping skills, understanding and

recognizing signs of extreme stressors or significant alterations in mood, and depending on the needs of the student will have suicide prevention lessons as a whole, or 1:1 (with parent opt out given prior).

Parent Education Series

Monroe School District counseling staff will send home parent information on Suicide Prevention, and encourage parents to communicate with the Counseling Department if any questions, concerns, or needs arise.

Volunteer Training

All Monroe School District volunteers will be asked to review this plan. Any behaviors associated with suicide should be immediately reported to the counseling department (Suicide Prevention Coordinator).

Crisis Intervention

Monroe School District is prepared to act quickly and responsibly in the event of a report of suicidal ideation or a suicide attempt. Any student, faculty, staff, or parent report will be taken seriously. Monroe School District Suicide Prevention Coordinator will follow the appropriate steps outlined in the Monroe School District Suicide Prevention Protocol.

Monroe School District Suicide Prevention Protocol

The Monroe School District Joint Loss Management Committee meets regularly and reviews new literature, legislation and programming around suicide prevention. The Student Crisis Team reviews the suicide protocol annually and submits that Protocol to NH DOE as part of the Emergency Operations Plan. [Protocol](#)

Postvention

In the event of a suicide or suicide contagion, Monroe School District will collaborate with other local agencies to provide emergency on-site counseling support for the students, faculty, and staff in need of support. Monroe School District will utilize the *Suicide Prevention Resource Center: After Suicide Toolkit* in the event of a student or faculty suicide. [Postvention Toolkit](#)

The toolkit provides structured language and communications for Administration to use in the event of a suicide. Administration will communicate the appropriate amount of information needed for community processing and healing, while protecting the privacy of a deceased community member and their family.

Resource and Referral

At any time, Monroe School District's counselor will provide parents, students, faculty or staff with community mental health resources or referrals to community based services. Please see the resources list below.

Community Mental Health Resources

NH Community Mental Health Agencies

- White Mountain Mental Health - includes a 24-Hour Emergency line
1-603-444-5358

- Littleton Regional Hospital - walk in services for mental health screens available 24-Hours in ER 603-444-9000
- National Suicide Prevention Hotline 1-800-273-8255

Additional Resources

The New Hampshire Department of Education's Bureau of Student Wellness, Office of Social and Emotional Wellness (OSEW), provides resources and technical assistance to school districts to work collaboratively with their community to respond to the needs of students through a multi-tiered system of support for behavioral health and wellness. For further information see: www.nhstudentwellness.org

- American Foundation for Suicide Prevention (AFSP) - <https://www.afsp.org>
- Suicide Prevention Resource Center - <http://www.sprc.org>
- The National Suicide Prevention Lifeline – <https://www.suicidepreventionlifeline.org>
- The Trevor Project - <https://www.thetrevorproject.org>
- Suicide Prevention Resource Center www.sprc.org/about-suicide/risk-protective-factors
- New Hampshire Suicide Prevention Plan <https://www.dhhs.nh.gov/dphs/bchs/spc/documents/2016-suicide-prevention-plan.pdf>

Monroe School District Board Suicide Prevention and Response Policy is [Policy JLDDB](#).

Approval

School Board approved November 2, 2020