

Agenda

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| 6:00-6:15 | Dinner |
| 6:15-6:20 | Welcome & Introductions |
| 6:20-7:00 | Mental Health in Schools <ul style="list-style-type: none">• Prevention and Response to Needs• Warning Signs• What Parents Can Do• Community Resources |
| 7:00-7:25 | Questions & Answers |
| 7:25-7:30 | Closing |

Prevention

Training our Staff

- Behavior Management Strategies
- ADHD -Strategies in the Classroom
- De-Escalation Techniques
- Bullying
- Child Abuse-Mandatory Reporting
- Love & Logic Techniques
- School Safety Plans
- Psychological First Aid
- Trauma Sensitive Schools

Prevention

Teaching Social/Emotional Skills to all Students

- Conflict Resolution *-Cool Cat Approach*
- Self-Regulation *-Alert Program*
- Calming Skills *-BrainGym*
- Personal Safety Skills *-Charlie Check First*
- Bullying Prevention/Response *-Power Up*
- Self- Control *-BrainWise*
- Empathy & Tolerance *-Second Step*

Response to Needs

1. RTI- Response to Intervention

- Behavior Plan/ 504/ IEP
- Interventions & Accommodations

2. Individual & Group Counseling

3. Suicide & Threat Assessments

4. Referral to Outside Agencies

**Suicide is the 2nd
leading cause of
death among
people aged 10-24.**

CDC (Centers for Disease Control and Prevention)

**Colorado has the
seventh-highest
suicide rate in the
United States**

Office of Suicide Prevention Annual Report - Suicide Prevention in Colorado, 2014 - 2015

- In 2014, there were 1,058 suicides in Colorado. Highest number ever recorded in Colorado
- **In comparison:**
 - Deaths from homicide (172)
 - Motor vehicle crash (486)
 - Breast cancer (553)
 - Influenza and pneumonia (668)
 - Diabetes (826)

Healthy Kids Colorado Survey 2014

- 24 % of Colorado high school students indicated feeling sad or hopeless almost every day for 2 weeks or more in a row during the previous 12 months.
- 15 % reported considering suicide
- 7 % reported making one or more suicide attempts in the previous twelve months

There is no single cause to suicide. It most often occurs when stressors exceed current coping abilities of someone suffering from a mental health condition.

American Foundation for Suicide Prevention

Risk Factors

- A family history of suicide
- Substance abuse
- Prolonged stress
- Access to firearms or other lethal means
- A recent tragedy or loss
- A history of trauma or abuse
- A serious or chronic medical illness
- The experience of discrimination/isolation

National Alliance on Mental Illness

Warning Signs

TALKING ABOUT...

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves

Warning Signs

BEHAVIOR CHANGES

- Increased use of alcohol or drugs
- Looking for a way to kill themselves
- Acting recklessly or aggressively
- 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

American Foundation for Suicide Prevention

Warning Signs

MOOD

- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety

What Parents Can Do

- Educate yourself on the warning signs
- Pay attention to changes in behavior
- Monitor your child's use of social media
- Don't fall into the "Not my Child" Syndrome
- Talk openly about suicidal thoughts
- Take all suicidal threats seriously
 - Do not leave your child alone
 - Remove all lethal means
 - Seek professional help immediately

Preventing Suicide

QUESTION

If you see situational cues, ask the question.
“Are you thinking about killing yourself?”



PERSUADE

Listen with your full attention. Suicide might feel like the only solution. Offer hope in any form.

REFER

Suicidal people often believe they cannot be helped. Call the Crisis line or take them to a counselor or ER.

Resources

AXIS 24 Hour Crisis Line

970-247-5245

National Suicide Prevention Lifeline

800-273-TALK (8255)

Safe2Tell

1-877-542-7233

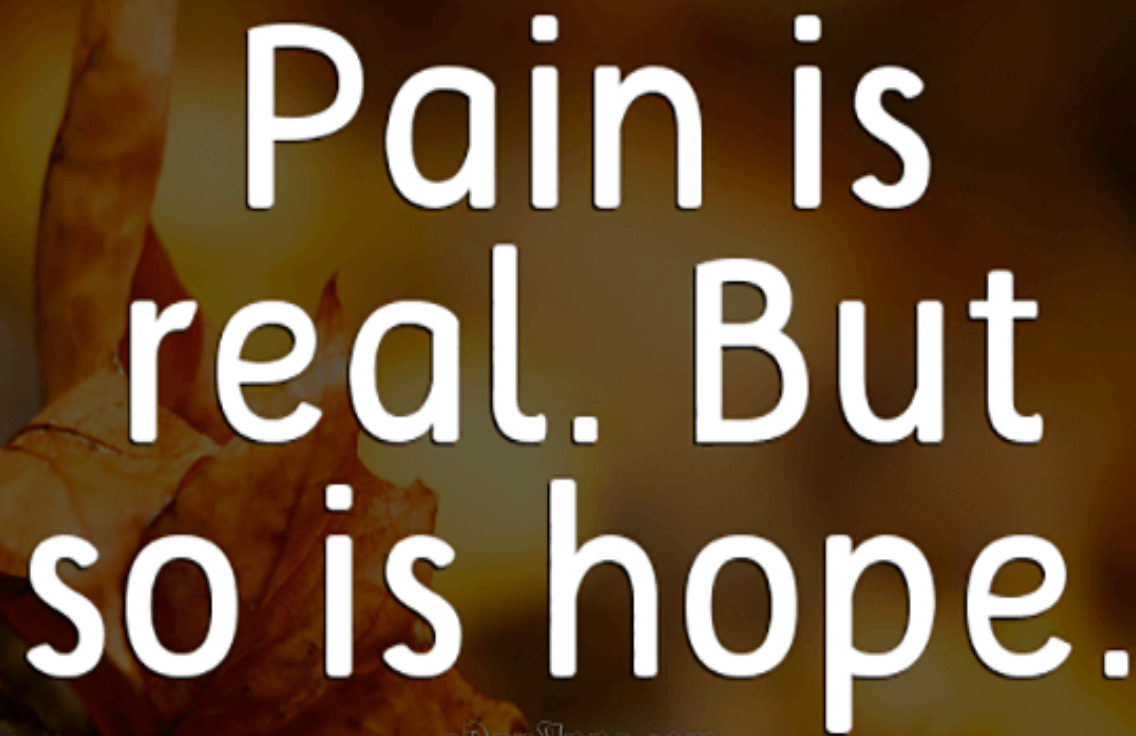
www.Safe2tell.org

ManTherapy.org



Designed to change the way men think
and talk about suicide and mental health

Local Resources



Pain is
real. But
so is hope.

eDayHops.com