

STANDARD OPERATING PROCEDURE*

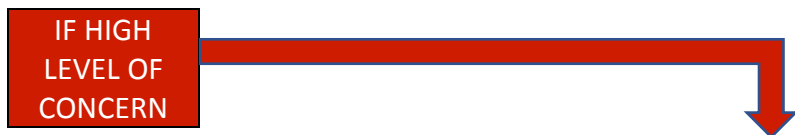
Expectations of teachers, staff, and coaches when a student is suicidal

RECOGNIZING AN AT-RISK SITUATION

SOME CONCERN	<ul style="list-style-type: none"> • Expressions of sadness, emptiness, hopelessness, pessimism, helplessness, worthlessness. • Difficulty concentrating or remembering • Marked changes in usual behavior such as losing interest/pleasure in favorite activities, loss of energy or drive, falling asleep in class, restlessness/irritability, cutting class • Increased use of alcohol or other drugs
MODERATE TO SUBSTANTIAL CONCERN	<ul style="list-style-type: none"> • Direct or indirect expressions about death, dying, or killing oneself • Marked changes in appearance such as weight loss or gain • Comments from other students about a classmate with these behaviors or feelings. • Reports of sleep disturbance • Withdrawal from friends and activities • Acting reckless or engaging in reckless activities • Sudden mood change, feeling trapped, uncontrolled rage/anger, seeing no reason to live • Sudden improvement in mood after being down or withdrawn
HIGH LEVEL OF CONCERN	<ul style="list-style-type: none"> • Evidence of self-mutilation, cuts, bruises, suicide attempt • Reported intent to hurt or kill oneself • Seeking ways to kill oneself

CONNECT TO HELP

IF SOME CONCERN	<p>IMMEDIATELY Consult one of the following: School counselor, school nurse, principal or other Crisis Team member who will determine how to proceed.</p>
IF MODERATE TO SUBSTANTIAL CONCERN	



DURING SCHOOL HOURS/ON SCHOOL PROPERTY	AFTER SCHOOL HOURS OR OFF SCHOOL PROPERTY
<ol style="list-style-type: none"> 1. Seek emergency help whenever there are safety concerns. 2. Let the student know that you care and you will do everything you can to help them. 3. Tell the student you cannot keep this information confidential and that you need to get help at the Counselor’s office. 4. If the student refuses to go with you, do not allow the student to leave your space, IMMEDIATELY contact an available adult: Principal, Assistant Principal, or Main Office staff person. 5. If the student will go with you, bring him/her to the Counselor’s office and tell the receptionist that the student must see the counselor immediately. Call for an administrator to join in the meeting with the student. Communicate all of your information to the counselor. 6. The Counselor will encourage the student to talk about what is happening. If the student is clearly in crisis, the Counselor will contact the student’s 	<ol style="list-style-type: none"> 1. Seek emergency help whenever there are safety concerns. 2. Let the student know that you care and you will do everything you can to help them. 3. Tell the student you cannot keep this information confidential and that you need to communicate with someone at the school. 4. Do not allow the student to leave your space. Stay emotionally and visually connected. 5. Contact the designated member of the School Crisis Team and communicate all information. Advise if this is urgent and ask about next steps. If the youth is not in your presence, follow steps 1 and 5 above. If you are unable to reach designated school personnel: 6. Call the parents/guardians and request that they come to pick up their son/daughter. Communicate your concerns to them.

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<p>parents or guardian about arranging for an evaluation.</p> <p>7. The counselor will try to follow up with you though confidentiality requirements may prevent the Counselor from giving you complete details.</p>	<p>7. If the parents/guardians are unavailable, or this is an emergency, call the police or 911. The police can take the student to the nearest emergency room.</p> <p>8. Remain with the student until parents / guardians or police arrive.</p> <p>9. Follow up with the appropriate school administrator. Confidentiality requirements may prevent your receiving complete details.</p>
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TAKE ALL CONCERNS SERIOUSLY. YOUTH CAN EXHIBIT POOR JUDGMENT AND IMPULSIVITY AND THUS RISK CAN ESCALATE QUICKLY. ERR ON THE SIDE OF CAUTION

IF A SUICIDE ATTEMPT WAS MADE:

1. Request medical evaluation (school nurse or other medical personnel, 911 if urgent).
2. Stay visually and emotionally connected with the student at least until help is available.
3. Convey all critical information to person(s) doing the evaluation.

POST-EVENT CARING CONTACT:

If possible, follow up with student to provide caring contact.

POST-EVENT SELF-CARE:

Being involved with a student who is suicidal can be distressing. It is normal to feel helpless, angry, or an overwhelming sense of responsibility. After the crisis, take a moment to talk with someone you trust about your own feelings. You may wish to review what took place with a school counselor. The school administration may also schedule a debriefing or offer employee assistance services.

*This Standard Operating Procedure is intended to be a guide for schools in responding to students who are suicidal. Because circumstances and settings can vary, it is recommended that school administrators establish policies proactively and in consultation with experts in suicide prevention that best suit their school community.