

# Colorado School Safety Resource Center

## RESOURCES FOR YOUTH SUICIDE PREVENTION AND INTERVENTION

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July 2012

**\* *The Colorado School Safety Resource Center (CSSRC) does not endorse any programs and takes no responsibility for any services mentioned below. The CSSRC offers these as information for further investigation by a district and/or school. The CSSRC also cautions school districts/schools about implementing any programs without adequate staff training, available school and community intervention resources and particularly after the death of any student or staff member due to suicide. The CSSRC can put districts/schools in contact with specialized professionals in the wake of a suicide.***

**To follow please find programs the CSSRC has listed that we are currently aware of that address suicide prevention. Programs reviewed by and listed with Substance Abuse and Mental Health Services Administration (NREPP) and/or the Suicide Prevention Resource Center (SPRC-BPR) have been noted.\***

**\* NREPP = National Registry of Evidence-Based Programs and Practices, Substance Abuse and Mental Health Services Administration (SAMSHA)**

**\*SPRC-BPR = Suicide Prevention Resource Center Best Practices Registry, Rated as follows:**

- ✓ **Section I: Evidence-Based Programs** – This section contains interventions that have undergone rigorous evaluation and have demonstrated positive outcomes.
- ✓ **Section II: Expert and Consensus Statements** – This section lists statements that summarize the current knowledge in the field and provide "best practice" recommendations to guide program and policy development
- ✓ **Section III: Adherence to Standards** – These programs address specific objectives of the *National Strategy for Suicide Prevention* and their content has been reviewed for accuracy, likelihood of meeting objectives, and adherence to program design standards but does not mean the program has been deemed effective through evaluation. It does not mean that the practice has undergone evaluation and demonstrated positive outcomes.



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## I. CAMPAIGNS

### *National Suicide Prevention Campaign for Teens – We Can Help Us*

SAMHSA, Ad Council and Inspire USA Foundation <http://us.reachout.com>

In an effort to provide support for teens who may be contemplating suicide, SAMHSA and Ad Council launched the Teen Suicide Prevention campaign. Created by DDB New York through the Ad Council, the *We Can Help Us* effort includes television, radio, print and interactive PSAs, as well as in-school and mall posters, directed at 13-17 year-olds. The ads were based on the understanding that teens face a myriad of problems and many are seeking effective ways to cope with them.

## II. ACCREDITATION

### *American Association of Suicidology*

[www.suicidology.org](http://www.suicidology.org)

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<b>Description:</b>	School Suicide Prevention Accreditation Program
<b>Target:</b>	School psychologists, social workers, counselors, nurses and others supporting the reduction of suicide and suicidal behaviors.
<b>Cost:</b>	\$350 for school-based professionals and \$250 for current graduate students
<b>Steps:</b>	Application process and payment of fee Receive school suicide guide; recommended reading list; sample test questions; and information to access the on-line exam Access to on-line support system

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### III. SUICIDE PREVENTION PROGRAMS

Below CSSRC has listed all programs that we are currently aware of that address suicide prevention. Programs reviewed by and listed with Substance Abuse and Mental Health Services Administration (NREPP) and/or the Suicide Prevention Resource Center (SPRC-BPR) have been noted.\*

#### A. *NREPP and SPRC-BPR (Section I) Programs*

##### 1. American Indian Life Skills Development/ Zuni Life Skills Development

<http://www.ihs.gov/NonMedicalPrograms/nspn/index.cfm>

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	A school-based suicide course for high school students and some middle school students that is designed to reduce suicidal thinking and behavior. Created in collaboration with students and community members from the Zuni Pueblo and the Cherokee Nation of Oklahoma, this curriculum addresses key issues in Native American Indian adolescents lives and teaches such life skills as communication, problem solving, depression and stress management, anger regulation, and goal setting
<b>Target:</b>	Adolescents aged 13 to 17 and has been replicated with middle school students Urban, rural and/or frontier and tribal
<b>Cost:</b>	Manual is available for \$30. Training for school staff about \$9,000 for a 3-day training.

##### 2. CARE (Care, Assess, Respond, Empower)

<http://www.reconnectingyouth.com>

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	Formerly the Counselors CARE and Measure of Adolescent Potential for Suicide. CARE assesses the adolescent's needs, provides immediate support, and then serves as the adolescent's crucial communication bridge with school personnel and the parent or guardian of choice. The CARE program is typically delivered by school or advanced-practice nurses, counselors, psychologists, or social workers who have completed the CARE implementation training program and certification process.
<b>Target:</b>	High risk high-school youth; Urban, suburban and tribal Although CARE was originally developed to target high-risk youth in high school – particularly those at risk of school dropout or abusing substances – its scope has been expanded to include young adults (ages 20 to 24) in settings outside of schools, such as health care clinics.
<b>Content:</b>	2-hour, one-on-one computer assisted suicide assessment interview followed by 2-hour motivation counseling and social support intervention Connects each high-risk student to a school-based caseworker or favorite teacher and establishes contact with a parent or guardian chosen by the youth. Also includes a follow-up reassessment of broad suicide risk and protective factors and a booster motivational counseling session 9 weeks after the initial counseling session.
<b>Cost:</b>	Required online training in CARE implementation is being developed for interventionists, program coordinators and administrators. Costs include (1) the training registration fee, (2) the purchase of a license for the use



of the computer-assisted CARE program, and (3) follow-up training and certification process fees.

Length of training may vary depending on individuals' competency levels and the time required for them to achieve and maintain a level of "distinguished" implementation performance.

Evaluation tools are sold separately. Please contact the agency.

### 3. CAST (Coping and Support Training)

[http://www.reconnectingyouth.com/cast/what\\_main.html](http://www.reconnectingyouth.com/cast/what_main.html)

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. The CAST program goals are to increase mood management, improve school performance and decrease drug involvement.
<b>Target:</b>	Adolescents aged 14-19 in grades 9-12. Urban and suburban (Currently being tested with middle school aged students) Evaluated with racially and ethnically diverse groups of high school youth at risk of dropping out of school.
<b>Content:</b>	12, 55-minute group sessions administered over 6 weeks by trained high school teachers, counselors, or nurses with considerable school-based experience
<b>Cost:</b>	\$700 curriculum; \$200 student notebooks for set of 8; \$1,000 per person for 4 day on- or off-site training with a minimum of 8 trainees per site.

### 4. Columbia University TeenScreen©

[www.teenscreen.org](http://www.teenscreen.org)

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	Designed to identify teens in need of mental health services due to risk for suicide and undetected mental illness.
<b>Target:</b>	Middle and high school-aged youth
<b>Content:</b>	Before any screening is conducted, parents' active written consent is required for school-based screening sites and strongly recommended for non-school-based sites Teens must also agree to the screening. Both the teens and their parents receive information about the process of the screening, confidentiality rights, and the teens' rights to refuse to answer any questions they do not want to answer. Each teen completes a 10-minute paper-and-pencil or computerized questionnaire covering anxiety, depression, substance and alcohol abuse, and suicidal thoughts and behavior. Teens whose responses indicate risk for suicide or other mental health needs participate in a brief clinical interview with an on-site mental health professional. If the clinician determines the symptoms warrant a referral for an in-depth mental health evaluation, parents are notified and offered assistance with finding appropriate services in the community. Teens whose responses do not indicate need for clinical services receive an individualized debriefing. The debriefing reduces the stigma associated with scores indicating risk and provides an opportunity for the youth to express any concerns not reflected in their questionnaire responses.
<b>Cost:</b>	Implementing TeenScreen includes staffing (screener, clinician, case manager), supplies and equipment (computers, headphones, printers, photocopies), and mailing.



Costs will vary by site. The program manual includes a budget planning exercise. The developers of TeenScreen offer free consultation, training, and technical assistance to qualifying communities that wish to implement their own screening programs using the TeenScreen model.

## 5. Lifelines

[www.hazelden.org/web/public/lifelines.page](http://www.hazelden.org/web/public/lifelines.page)

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	This comprehensive suicide prevention program is a whole-school program. Lifelines educates students on the facts about suicide and students' role in suicide prevention. It provides information on where to find suicide prevention resources in the school and community. Training materials are included for faculty and staff that provide accurate and practical information on identifying and referring students who might be at risk for suicide. Lifelines also includes a presentation for parents that answer questions about youth suicide and prevention, and it involves them in the school's suicide prevention activities. Hazelden Publishing, 2009
<b>Target:</b>	Grades: 8 to 12
<b>Content:</b>	Training for students, administrators, faculty, support staff & parents. Student curriculum 4, 45-minute lessons
<b>Cost:</b>	Implementation package \$225

## 6. Reconnecting Youth: A Peer Group Approach (RY)

<http://reconnectingyouth.com>

<b>Listing:</b>	On both the NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	Teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. Eligible students must have either fewer than average credits at their grade level, high absenteeism and a significant drop in grades during the prior semester or a record of dropping out of school.
<b>Target:</b>	Adolescents ages 14 - 19
<b>Content:</b>	Social and school bonding activities to improve relationship and increase repertoire of safe, healthy activities; development of a crisis response plan detailing the school's suicide prevention approaches; and parent involvement including consent for their teen's participation and ongoing support of their teen's RY goals.
<b>Cost:</b>	4-day, on- or off-site training for RY leaders and coordinators \$1,000/person for a minimum of 8 participants; RY Curriculum \$300/each and RY Student Workbooks \$212 for set of 10.

## 7. Signs of Suicide© – S.O.S.

[www.mentalhealthscreening.org/schools/index.aspx](http://www.mentalhealthscreening.org/schools/index.aspx)

<b>Listing:</b>	On both NREPP (Evidence Based) and SPRC-BPR (Section I)
<b>Description:</b>	Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff.
<b>Target:</b>	High School (9-12)
<b>Content:</b>	A two-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to



recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult.

**Cost:** High School Kits with DVD \$375, One day on-site training \$2,000

## 8. Sources of Strength

<http://www.sourcesofstrength.org>

**Listing:** On both NREPP (Evidence Based) and SPRC-BPR (Section I)

**Description:** A universal suicide prevention program designed to build socioecological protective influences among youth to reduce the likelihood that vulnerable high school students will become suicidal.

**Target:** High School

**Content:** Students are trained as peer leaders and connected with adult advisors at school and in the community. With support from the advisors, the peer leaders conduct well-defined messaging activities intended to change peer group norms influencing coping practices and problem behaviors. It is also designed to modify the knowledge, attitudes and behaviors of the peer leaders themselves.

**Cost:** \$4,000 per school or community team per year (for years 1 and 2 of implementation) plus travel expenses; and \$2,500 per school or community team for year 3 of implementation, plus travel expenses; \$500 annual affiliation fee and on-site regional training \$500-\$1200 per team plus travel.

## B. *SPRC-BPR (Section III) Programs*

### 1. ASIST (Applied Suicide Intervention Skills Training), a Living Works Program

[www.livingworks.net](http://www.livingworks.net)

**Listing:** SPRC-BPR (Section III)

**Description:** A 2-day (required), two trainer skill building workshop that prepares caregivers of all types to provide suicide first aid interventions.  
As an ASIST-trained first aid intervention caregiver, you will be better able to: identify people who have thoughts of suicide; understand how your beliefs and attitudes can affect suicide interventions; seek a shared understanding of the reasons for thoughts of suicide and the reasons for living; review current risks and develop a plan to increase safety from suicidal behavior for an agreed amount of time; and follow up on all safety commitments, accessing further help as needed.

**Target:** Adults, professionals, volunteers and informal community helpers

**Content:** Small group discussions, skill practice and video demonstrations

**Cost:** Depends upon the organization hosting. Materials \$36/person.



## 2. ASIST Training for Trainers

[www.livingworks.net](http://www.livingworks.net)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	A five-day (minimum) course that prepares local resource persons to be trainers of the ASIST workshop.
<b>Target:</b>	Local resource persons to be trainers of the ASIST workshop.
<b>Content:</b>	Coaching, independent study, group presentations, lectures and Seminars
<b>Cost:</b>	Training for Trainers (5 days) Includes all costs for instructors, materials, and host-site requirements \$2,600 (gov. rate available)

## 3. Ask 4 Help!

[www.yellowribbon.org](http://www.yellowribbon.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by Yellow Ribbon, Ask4help! Is a one-hour high school-based curriculum that provides students with knowledge that MAY increase help seeking for themselves or others.
<b>Target:</b>	High School students
<b>Content:</b>	Includes a wallet card that includes: risk factors and warning signs of suicide; school and community referral points; and the National Suicide Prevention Lifeline phone number.
<b>Cost:</b>	Direct training costs vary depending upon location and number of participants. Program toolkit is available for \$300.

## 4. At-Risk for High School Educators

[www.kognito.com/products/highschool](http://www.kognito.com/products/highschool)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	A one-hour online interactive gatekeeper training program that teaches high school educators how to identify students exhibiting signs of psychological distress including depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.
<b>Target:</b>	High School staff
<b>Content:</b>	Learners assume the role of a high school teacher concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies.
<b>Cost:</b>	Sold as a yearly, institution-wide license to provide training to all educators within their area. Annual licenses range from \$500 to \$3,500 per school. Contact the company for further information.

## 5. Be a Link!

[www.yellowribbon.org](http://www.yellowribbon.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by Yellow Ribbon, Be a Link! Is a two-hour adult gatekeeper training. Provides participants with knowledge to help them identify youth at risk for suicide



and refer them to appropriate resources.

<b>Target:</b>	Adults working with youth
<b>Content:</b>	PowerPoint presentation and a trainer's manual.
<b>Cost:</b>	Direct training costs vary depending upon location and number of participants. The toolkit is available for \$300.

## 6. EndingSuicide.com

[www.EndingSuicide.com](http://www.EndingSuicide.com)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by mental health professionals and educators with funding from the National Institute of Mental Health. EndingSuicide.com is a group of online continuing education modules on suicide prevention for health and school professionals.
<b>Target:</b>	Educators, physicians, social workers and certified counselors.
<b>Content:</b>	Nineteen (19) modules that can stand-alone or be used with one or more to create a custom continuing education curriculum. Modules range from introductory-level materials to more complex modules for practicing health professionals. All content has been peer reviewed, is free of commercial bias or support, has extensive references and resource sections and advocates evidence-based practices.
<b>Cost:</b>	Available free at <a href="http://www.endingsuicide.com">www.endingsuicide.com</a> . There is a small fee if continuing medical education credit is desired.

## 7. Gryphon Place Gatekeeper Suicide Prevention Program

[www.gryphon.org](http://www.gryphon.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	A universal prevention program for middle and high schools, developed by Gryphon Place. The primary goal is to increase the likelihood that school gatekeepers – administrators, faculty, staff, and students – can identify, intervene, and obtain help for at-risk youth. Teacher training and parent education components are included.
<b>Target:</b>	Programs for middle schools and high schools
<b>Content:</b>	A three or four lesson curriculum delivered over consecutive days. Schools host the program, which is delivered by Gryphon Place employees.
<b>Cost:</b>	Costs vary

## 8. Helping Every Living Person (HELP)

[http://www.yspp.org/curriculum/HELP\\_curriculum.htm](http://www.yspp.org/curriculum/HELP_curriculum.htm)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by the Youth Suicide Prevention Program (YSPP in Washington State) based on the American Association of Suicidology (AAS) guidelines. Containing 4, 45-minute lessons (best used <i>in addition</i> to a school-wide approach). Topics include stress and healthy coping skills, depression and its impact on teen's lives, the causes and warning signs of suicide, and skills to intervene with a possibly suicidal friend.
<b>Target:</b>	9 <sup>th</sup> -12 <sup>th</sup> grades (See Look Listen Link below for middle school)
<b>Content:</b>	Activities call for discussion and problem solving and involve issues that students are currently dealing with, such as keeping confidences.
<b>Cost:</b>	\$250 per curriculum (outside of Washington State)



## 9. How Not To Keep A Secret

<http://www.southshorehospital.org/publications-1024>

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	How Not To Keep A Secret is a peer leader training program designed to provide education to teens about depression and suicide, increase help-seeking behaviors, and decrease stigma associated with mental illness. It is strongly recommended that schools provide gatekeeper training to all faculty prior to implementing How Not To Keep A Secret with their peer leaders.
<b>Target:</b>	High schools
<b>Content:</b>	Day-long training including interactive activities that is part of a recommended comprehensive program.
<b>Cost:</b>	\$50 How Not To Keep A Secret manual; \$75 Break Free from Depression DVD

## 10. LEADS for Youth: Linking Education and Awareness of Depression and Suicide

<http://www.save.org>

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	LEADS for Youth is an interactive high school curriculum that addresses depression, suicide, and help-seeking, creating an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide. Help-seeking capacity building is a major focus. Students brainstorm barriers and benefits to engaging in help-seeking and discuss what these barriers and benefits mean.
<b>Target:</b>	9 <sup>th</sup> -12 <sup>th</sup> grades
<b>Content:</b>	An interactive three day curriculum featuring lecture, student-driven discussions, and an opportunity for innovative awareness raising projects. Also included in the curriculum is a comprehensive crisis management planning tool.
<b>Cost:</b>	\$125

## 11. Lifelines Intervention: Helping Students at Risk for Suicide

[www.hazeldon.org/bookstore](http://www.hazeldon.org/bookstore)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Designed to facilitate intervention with, and referral of, potentially at-risk students by providing school resource staff with a manualized approach to the assessment and referral process. The manual is based on the recognition that although schools are not mental health facilities, the skillful and appropriate adaptation of traditional counseling techniques by school-based staff can assist in the process of gathering essential information from students.
<b>Target:</b>	Middle and high schools
<b>Content:</b>	The Lifelines Intervention manual includes a DVD that illustrates specific techniques for use with challenging students and with parents who may be resistant to either the conversation about suicide risk or referral for an off-campus mental health evaluation.
<b>Cost:</b>	\$149



## 12. Look Listen Link

[http://www.yspp.org/curriculum/look\\_listen\\_link.htm](http://www.yspp.org/curriculum/look_listen_link.htm)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by the Youth Suicide Prevention Program (YSPP in Washington State) based on the American Association of Suicidology (AAS) guidelines. Containing 4, 45-minute lessons. Topics include stress, anxiety, depression, suicide prevention, and skills to help a friend who may be struggling with these issues.
<b>Target:</b>	6 <sup>th</sup> -8 <sup>th</sup> grades
<b>Content:</b>	Includes interactive exercises, classroom discussion, role-play practice, and observation that is based on issues relevant to students.
<b>Cost:</b>	\$250 per curriculum (outside of Washington State)

## 13. Making Educators Partners in Youth Suicide Prevention

[www.sptsnj.org](http://www.sptsnj.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	An online gatekeeper training program for educators and school staff that addresses the critical but limited responsibilities of educators in the process of identifying and referring potentially suicidal youth. The program is adapted from the educator components of <i>Lifelines: A School-Based Program for Suicide Prevention</i> .
<b>Target:</b>	Educators and school staff
<b>Content:</b>	Designed as an online interactive training program in five modules, including lecture, question and answer, and role play. Viewers may submit questions to a panel of experts who post answers weekly to the training website.
<b>Cost:</b>	Available online from the Society for the Prevention of Teen Suicide without charge.

## 14. More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel

[www.afsp.org](http://www.afsp.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by the American Foundation for Suicide Prevention, <i>More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel</i> is designed to help educators better understand suicidal behavior in adolescents, including its causes, treatment and prevention. The program is also suitable for parents and other adults who care for or work with youth.
<b>Target:</b>	Educators and school staff
<b>Content:</b>	The program is built around two 25-minute DVDs: <i>More Than Sad: Preventing Teen Suicide</i> and <i>More Than Sad: Teen Depression</i> . The latter film, intended especially for teens, is used to show adults how a potentially life-threatening mental disorder can present in teens. Also included are a 42-page instructional manual for program participants and slides for teacher trainers.
<b>Cost:</b>	\$100



## 15. More Than Sad: Teen Depression

[www.afsp.org](http://www.afsp.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	Developed by the American Foundation for Suicide Prevention (AFSP), <i>More Than Sad: Teen Depression</i> is an original 26-minute film developed for high school-aged audiences. The film features vignettes of four teen characters whose depression manifests in different ways. Each of the characters is referred to treatment in a different manner—by a parent, by self-referral, by a school counselor, and by a physician. Scenes portraying interactions with mental health professionals are included to demystify treatment.
<b>Target:</b>	High school students
<b>Content:</b>	The film DVD is packaged with a Facilitator’s Guide, which provides educators with: recommendations for showing the film in classrooms or other small group settings; information on teen depression and its treatment; frequently asked questions; and a suggested lesson plan with discussion questions and a short quiz (for evaluating students’ knowledge before and after the presentation).
<b>Cost:</b>	\$50

## 16. QPR: Question, Persuade and Refer

[www.qprinstitute.com](http://www.qprinstitute.com)

### A. QPR Gatekeeper Training

<b>Listing:</b>	On SPRC-BPR (Section III)
<b>Description:</b>	One hour online gatekeeper training covering the common causes of suicidal behavior; the warning signs of suicide; how to Question, Persuade and Refer someone who may be suicidal; and how to get help for someone in crisis.
<b>Target:</b>	Adults learn to recognize the warning signs of suicide and to question, persuade and refer someone to help.
<b>Content:</b>	Online materials and quizzes with periodic follow-ups reminding participants to refresh their training online
<b>Cost:</b>	\$30

### B. QPRT Suicide Risk Assessment and Management Training

<b>Listing:</b>	On SPRC-BPR (Section III)
<b>Description:</b>	Designed to standardize the detection, assessment, and management of patients at elevated risk for suicidal behaviors in all settings and across the age span.
<b>Target:</b>	For professionals who may evaluate, assist, counsel or treat potentially suicidal persons.
<b>Content:</b>	10 hours online to evaluate, assist, counsel or treat potentially suicidal persons – a tool that is uniquely designed to gather critical information about a person's status at intake and to establish a safety and intervention plan.
<b>Cost:</b>	Costs vary depending on the type of training. Online course for one person \$149

### C. QPR Gatekeeper Instructor Train the Trainer Program

<b>Listing:</b>	On SPRC-BPR (Section III)
<b>Description:</b>	Certification Self-Study 8 hour course to Teach QPR to their community
<b>Target:</b>	Community members who want to teach QPR



<b>Content:</b>	Participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. Each participant has the opportunity for individual rehearsal and practice through role-plays.
<b>Cost:</b>	\$495 for 3-year certification plus cost of training materials, which can be passed on to the participants.

#### D. QPR for Law Enforcement

<b>Listing:</b>	On SPRC-BPR (Section III)
<b>Description:</b>	Certification Self-Study 8-10 hour course to help law enforcement protect and serve suicidal people.
<b>Target:</b>	Law enforcement professionals
<b>Content:</b>	Learners are taught the same screening questions many hospital emergency departments use to ask about suicide, and how to interview suicidal people, what questions to ask, how to ask them, and what the answers to these questions mean in terms of deciding on level of immediate risk and next steps.
<b>Cost:</b>	\$119

### 17. Response: A Comprehensive High School-based Suicide Awareness Program

[www.columbiacare.org](http://www.columbiacare.org)

<b>Listing:</b>	SPRC-BPR (Section III)
<b>Description:</b>	<i>RESPONSE</i> is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide.
<b>Target:</b>	High school staff, students and parents
<b>Content:</b>	Components include (1) a two-hour awareness training for staff, (2) a four-hour student curriculum (spread across four class periods), and parent awareness materials. An implementation assistance manual is also included for administrators.
<b>Cost:</b>	School Kit: \$375, Additional Teacher Manual: \$125, Optional Parent Workshop: \$150, Optional Overview Presentation: \$350

### 18. safeTALK, Suicide Alertness for Everyone, a Living Works program

[www.livingworks.net](http://www.livingworks.net)

<b>Listing:</b>	On SPRC-BPR (Section III) list
<b>Description:</b>	A training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. 3 hour workshop
<b>Target:</b>	Anyone over age 15 to educate them to assist persons with suicidal ideation to obtain



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suicide first aid resources (Tell, Ask, Listen, Keepsafe)

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**Content:** Video clips illustrate alert and non-alert responses; discussion; and practice.

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**Cost:** Depends upon the organization hosting.

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## 19. What is Depression? How to Treat It and What to Do A Suicide Prevention Guide for Young People

[www.save.org](http://www.save.org)

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**Listing:** SPRC-BPR (Section III)

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**Description:** Created by Suicide Awareness Voices of Education (SAVE), *What is Depression? How to Treat It and What to Do—A Suicide Prevention Guide for Young People* is an eight-page booklet that contains useful information for youth about depression and suicide prevention.

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**Target:** Youth

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**Content:** Includes information about depression, effective treatments for depression, warning signs of suicide, recommendations for how youth can get help for themselves or friends, and additional sources of information.

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**Cost:** \$3

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## **IV. GUIDELINES & PROTOCOLS**

### ***A. Guidelines for School-Based Suicide Prevention Programs***

Provides recommendations for the safe and effective implementation of school-based suicide prevention programs. The guidelines are available from the American Association of Suicidology at: [www.suicidology.org](http://www.suicidology.org).

### ***B. Recommendations for School-Based Suicide Prevention Screening***

Available from the Suicide Prevention Resource Center at: [www.sprc.org](http://www.sprc.org).

### ***C. Talking About Suicide & LGBT Populations Guide***

A community-based resource for talking about suicide in ways that minimize contagion risk while at the same time expanding public conversations about the well-being of lesbian, gay, bisexual and transgender (LGBT) people, promoting the need for family support and acceptance, and encouraging help-seeking by LGBT people who may be contemplating suicide. The Talking About guide was created through the collaboration of multiple organizations. It is available online without charge: <http://www.lgbtmap.org/talking-about-suicide-and-lgbt-populations>.

### ***D. Video Evaluation Guidelines***

Developed by the video review committee of the American Association of Suicidology (AAS) and used by the committee to review youth suicide prevention videos. The AAS video review committee consists of AAS members with different professional affiliations and academic backgrounds. Use of the Video Evaluation Guidelines should increase the likelihood of suicide prevention video effectiveness and safety. The Guidelines are available from AAS at no charge at: [www.suicidology.org](http://www.suicidology.org).

### ***E. Youth Suicide Prevention School-Based Guide Checklists***

Created in 2003 and updated periodically by the Louis de la Parte Florida Mental Health Institute at the University of South Florida, funded by the Institute for Child Health Policy at NOVA Southeastern University through a Florida Drug Free Communities Program Award. Provides a prevention framework tool for schools and administrators regarding building or supporting a suicide prevention systemic approach. The guide is available free online at: <http://theguide.fmhi.usf.edu>



## ***F. Youth Suicide Prevention, Intervention, and Postvention Guidelines***

### ***A Resource for School Personnel***

Developed for school personnel in Maine but are suitable for schools anywhere. The manual provides rationale for developing protocols and includes discussion on planning for school-based suicide prevention, intervention and postvention. The manual contains a self assessment, “Is Your School Prepared to Manage Suicidal Behavior?” and numerous appendices, including sample forms for documentation, announcements, issues to consider when a student returns following a mental health related absence, media guidelines, and other resources. Available free online at: [www.mainesuicideprevention.org](http://www.mainesuicideprevention.org).

## **V. TOOLKITS**

### ***After a Suicide: A Toolkit for Schools***

This toolkit is an online resource for schools facing the suicide death of a student or other member of the school community. The Toolkit incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance. It is available, at no charge, on the websites of the American Foundation for Suicide Prevention and Suicide Prevention Resource Center at: [www.afsp.org](http://www.afsp.org) or [www.sprc.org](http://www.sprc.org).

## **VI. THERAPEUTIC RESOURCES**

### ***A. Colorado Department of Human Services***

#### ***Office of Behavioral Health & Housing/Division of Mental Health***

[www.cdhs.state.co.us/ohr/mhs/index.html](http://www.cdhs.state.co.us/ohr/mhs/index.html)

3824 West Princeton Circle, Denver, CO 80236-3111

Phone (303) 866-7400 or outside the metro area: 1-(800) 811-7648

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- Description:**
- Provides mental health services to Coloradans of all ages who do not have mental health insurance coverage or who have Medicaid.
  - Includes services provided by
    - ✓ Community Mental Health Centers
    - ✓ Specialty Clinics
    - ✓ State Mental Health Hospitals (Institutes)
    - ✓ Individual Providers
    - ✓ Residential Placements
    - ✓ Is paid for with state fund dollars, federal grant dollars, state and federal Medicaid dollars, local government dollars, client fees, private insurance funds and private donations and grants.
  - Is monitored by two state agencies: DEPARTMENT OF HUMAN SERVICES AND DEPARTMENT OF HEALTH CARE POLICY AND FINANCING
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## ***B. The Second Wind Fund, Inc.***

**www.thesecondwindfund.org**

*PO Box 260795, Lakewood, Colorado 80226-0795*

*Phone (303) 988-5870*

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**Mission:** The mission of the Second Wind Fund, Inc. (SWF) is to decrease the incidence of adolescent suicide by removing financial and social barriers to treatment for at-risk youth through its affiliates.

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**Description:** Through SWF's affiliates, mental health services are accessible to every youth 19 and under. Second Wind Fund of Metro Denver covers the Denver metro area (Adams, Arapahoe, Broomfield, Denver, Jefferson, and Park counties) other Affiliates offer services in Douglas and Boulder counties.  
New Affiliate Programs are forming in the La Plata, Montrose, El Paso, Teller, Weld, Garfield, Pitkin and Eagle county areas as well as the 10 county region of Northeastern Colorado.  
Referrals are normally made through school counselors, whether at public, private, charter, or choice schools, although youth being home-schooled or no longer attending school are also eligible.

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