

Marin County Suicide Prevention Collaborative

Schools Team Meeting: November 17, 2020

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Agenda

- Icebreaker
- Review of priorities
- Discussion of training guidelines
- Demo of Signs of Suicide
- Review of training recommendations and process
- Review of screeners
- Updates
- Next Steps

Ice Breaker

Based on this cat scale....how do you feel today?



Schools Team: Priorities and Your Questions

- ✓ Establish school-based wellness collaborative to support the implementation of activities outlined in Strategy #6
- ✓ Establish Training and Education Workgroup to provide recommendations for trainings to be implemented at various levels (community, school, professional, etc.)
- Develop **recommendations** around adopting evidence based Tier 1 (eg, mindfulness, SEL)
- Provide **recommendations** for, and support implementation of, SP **trainings** for faculty, staff, on campus providers and students
- Develop standardized **recommendations** and guidelines for school districts and schools to implement coordination of services teams to streamline referral process and increase access to mental health supports for students-
- Provide school districts and schools with **mini-grants** to implement youth-led suicide prevention and mental health awareness activities (May, September)

Creating a Safe and Healthy School Community:

What guiding principles should we be thinking about for training students, educators and mental health providers?

- Equitable
- Accessible
- Responsive
- Culturally affirming
- Supportive
- Evidence-based
- Comprehensive
- Cost effective
- Sustainable

What else would you add?

Signs of Suicide: Student Demo

- Nationally recognized program designed for middle and high school-age students
- The program teaches students how to identify the symptoms of depression and suicidality in themselves or their friends
- SOS has been shown to reduce suicidal ideation in middle school students and suicide attempts in high school students

Recommendations: Trainings

- Wellness Collaborative members will complete their sharing of what their training plans are by: November 19
- Review of training overview document
- What do we know? What questions do you have?
- What other trainings come to mind?
- Process/timeline for making training recommendations

Screeners for Clinicians: Review and Selection Process

- Make recommendations based on evidence-based questions that all districts include in screenings. Some options include:
 - Top screeners based on inventory
 - Create our own (screener with resources)
 - Universal standardized screener (eg., Columbia Suicide Severity Rating Scale) with resources
- Create portal or directory for all screeners to be available for K-12
- Training offered each year for recommended screenings

Example: Columbia-Suicide Severity Rating Scale

- Utilized in diverse settings: schools, college campuses, military, fire departments, the justice system, primary care, hotlines
- Short administration time, semi-structured interview/flexible format.
- The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. Users of the C-SSRS tool ask people:
 - Whether and when they have thought about suicide (ideation)
 - What actions they have taken — and when — to prepare for suicide
 - Whether and when they attempted suicide or began a suicide

COLUMBIA-SUICIDE SEVERITY RATING SCALE

Screen with Triage Points for Schools

	Past month	
Ask questions that are in bold and underlined.	YES	NO
Ask Questions 1 and 2		
1) <u>Have you wished you were dead or wished you could go to sleep and not wake up?</u>		
2) <u>Have you had any actual thoughts of killing yourself?</u>		
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6.		
3) <u>Have you been thinking about how you might do this?</u> e.g. "I thought about taking an overdose but I never made a specific plan as to when where or how I would actually do it....and I would never go through with it."		
4) <u>Have you had these thoughts and had some intention of acting on them?</u> as opposed to "I have the thoughts but I definitely will not do anything about them."		
5) <u>Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?</u>		
6) <u>Have you ever done anything, started to do anything, or prepared to do anything to end your life?</u> Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang yourself, etc.	Lifetime	
	Past 3 Months	
If YES, ask: <u>Was this within the past 3 months?</u>		

Screeners

- What factors do you consider when reviewing screeners?
- What screeners do you recommend or are familiar with?
- What would you need to make a recommendation?

Updates

- Meeting with Efficiency and Effectiveness Team on November 18
- Youth engagement meeting was held
 - Conduct a training on December 15
- SP training program for universal gatekeeper. Seeking trainers (eg., AFSP). If interested, please contact Kara (kconnors@marincounty.org)

Next Steps

Trainings:

- How to implement across districts
- Inventory of trainings completed by November
- Finalize recommendations for trainings by December. Co-chairs to send proposal to the Team for review
- Trainings launch or continue in January-May

Screeners:

- Finalize inventory by December and make recommendations

Mini grant: Work with Wellness to learn how they can best be implemented in May, September 2021

Wellness Collaborative Meeting: November 19 at 8 am

Schools Team Meeting: December 1 at 9 am

Collaborative Meeting: December 2 at 2 pm