

INTERVENTION IN A SUICIDAL CRISIS For use when a peer, parent, teacher, or school staff identifies someone as potentially suicidal because of directly or indirectly expressed suicidal thoughts (ideation) or demonstrated warning signs. **Recognizing and Responding to Warning Signs of Suicide, attachment 1.11**

Low Risk Level of Suicide

Take every warning sign or threat of self-harm seriously.

- Take immediate action by sending someone to inform the counselor or school psychologist of the situation.
- Remain with the student until the counselor/school psych talks with him/her in a quiet, private setting to clarify the situation, and assess suicide risk with chosen tool.
- When necessary, counselor or school psychologist will contact an administrator or designee to inform them of the situation.
- Counselor or school psychologist will notify parent/guardian of situation unless this will exacerbate the situation Guidelines for Notifying Parents, Supporting Parents Through Their Child's Suicidal Crisis attachment 2.5, and Contact Acknowledgement Form, 2.6
- Develop a safety plan with the student and parents. Safety Planning Guide, 2.11, and Personal Safety Plan, 2.12.
- Refer to primary health care provider or mental health services if necessary Guidelines for Student Referrals, 2.7, Referral Process for Special Education Mental Health Assessment, 2.8, and Referral, Consent, and Follow-Up Form, 2.9
- Document actions on appropriate forms Student Suicide Risk Documentation Form, 2.13
- Counselor will follow up with the student and family as often as necessary until the student is stable.

Moderate to High Risk Level of Suicide

Students with a moderate to high risk of suicide display suicidal ideation or behavior with an intent or desire to die.

- Keep student under close supervision.
- Notify nearest CRT member who will evaluate the situation and then notify a school administrator.
- CRT member will conduct a suicide risk assessment to determine student's risk level and convey to trained professionals (UFS).
- Consult with appropriate designated school site staff and/or crisis service agency (e.g. UFS) to assess student's mental state and obtain a recommendation for next steps. If student requires hospitalization or immediate emergency medical treatment proceed to Extremely High (Imminent) Risk.
- School administrator or designee notifies parents/guardians Guidelines for Notifying Parents, and Supporting Parents Through Their Child's Suicidal Crisis, 2.5, and Parent Contact Acknowledgement Form, 2.6. Arrange to meet with parents.
- Create a safety plan, or if already in place, review and update.

If the student does not require emergency medical treatment or hospitalization, review the following:

- Confirm understanding of next steps for student's care.
- Ensure that student and parents, with the assistance of a CRT member, have discussed importance of lethal means restriction Means Matter: Recommendations for Families, 2.18
- Sign the Referral, Consent and Follow-Up Form, 2.9 and Parent Contact Acknowledgment Form, 2.6
- Provide referrals and resources for parent/guardians including What to Expect; When Your Child Expresses Suicidal Thoughts, Appendix B4
- Explain that a designated school professional will follow-up within the next two days.
- Establish a plan for periodic contact from school personnel
- Students are eligible for home teaching if a doctor's letter recommends an extended absence of two weeks or more.
- Document actions taken Student Suicide Risk Documentation Form" 2.13
- Debrief with all staff members who assisted with the intervention, providing for the expression of feelings, worries, concerns, and suggestions.

Extremely High (Imminent) Risk Level of Suicide

Students with an extremely high risk level of suicide have voiced the intent to engage in a suicidal act, have access to the lethal means needed to carry out the act, and may have lethal means on their person. Do the following:

- Ensure that a school staff member remains with the student at all times.
- Clear the area and ensure that all other students are safe.
- Alert CRT member.

Mobilize community links (e.g. UFS and/or 911)

- If a life threatening emergency, call 911. Note: 911-responder will determine if emergency treatment or hospitalization is required and will arrange transport
- If not life threatening, call UFS Suicide Assessment at 877-412-7474. If student is 18 years or older, call 911
- Principal or designee notifies parents about the seriousness of the situation, unless this will exacerbate the situation. In certain cases, it may be necessary to wait to notify parents due to clinical circumstances as determined by Psychologist, UFS or other mental health provider.

If the student has lethal means on their person:

- Do not attempt to take a weapon by force
- Talk with the student calmly
- Have someone call 911
- Clear area for student safety
- Once the student gives up the potentially lethal means, stay with the student until the CRT or 911 emergency support arrives.

At this level of risk the student may require hospitalization

- Case manager (school psychologist or counselor) will work with student's doctor/ therapist. Frequency of check-in with the student, family, doctor and/or therapist will be determined by the individual situation.
- Before student returns to school, initiate re-entry plan.