

Colorado School Safety Resource Center

RESOURCES FOR YOUTH SUICIDE PREVENTION AND INTERVENTION



June 2016

This guide is updated annually. For the latest information between printings, please check the online version at www.Colorado.gov/cssrc.

*** *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.***

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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/wecanhelpus/>

In an effort to provide support for teens who may be contemplating suicide, SAMHSA and the 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

Description:	School Suicide Prevention Accreditation Program
Target:	School psychologists, social workers, counselors, nurses and others supporting the reduction of suicide and suicidal behaviors.
Cost:	\$350 for school-based professionals and \$250 for current graduate students
Steps:	<ul style="list-style-type: none">• 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

III. ADDITIONAL RESOURCES

Recommendations for Suicide Prevention and Related Risk Behaviors

<https://www.colorado.gov/pacific/cssrc/suicide>

By Mary Margaret Kerr, Ed.D., Professor of Child Psychiatry, Psychology in Education, and Administrative Policy Studies; Founding Co-Director, Services for Teens at Risk for Suicide (STAR-Center), University of Pittsburgh. Also accessible at this location is a recorded Livestream of Dr. Kerr discussing this report at the Youth Suicide Prevention and Intervention Symposium, November 29, 2012, in Aurora, Colorado.

Youth Nonideation Suicidality

<http://livestream.com/CSSRC/YouthSuicide-10-22-13>

By Russell Copelan, M.D., faculty member at Colorado Mesa University. Look at this location to access a recorded Livestream of Dr. Copelan discussing youth nonideation suicidality at the Youth Suicide Prevention and Intervention Symposium, October 22, 2013, in Grand Junction, Colorado. From this site you may also access Dr. Copelan's article, "Adolescent Violence Screening in the Emergency Department," published in the *American Journal of Emergency Medicine* in 2006.



IV. SUICIDE PREVENTION PROGRAMS

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 National Registry of Evidence-based Programs and Practices (NREPP) and/or the Suicide Prevention Resource Center Best Practices Registry (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.

1. Adolescent Coping with Depression (CWD-A)

<http://www.kpchr.org/research/public/acwd/acwd.html>

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	This is a cognitive behavioral group intervention that targets specific problems typically experienced by depressed adolescents. These problems include discomfort and anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. CWD-A consists of 16 2-hour sessions conducted over an 8-week period for mixed-gender groups of 4 to 8 adolescents. Each participant receives a workbook that provides structured learning tasks, short quizzes, and homework forms. To encourage generalization of skills to everyday situations, adolescents are given homework assignments that are reviewed at the beginning of the subsequent session.
Target:	Adolescents aged 14 to 18. CWD-A has been implemented with adolescents in diverse settings including inner-city and rural areas, schools, juvenile detention centers, and State correctional facilities.
Cost:	All materials are available for download and printing at no cost.

2. American Indian Life Skills Development / Zuni Life Skills Development

<http://uwpress.wisc.edu/books/0129.htm>

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	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.
Target:	Adolescents aged 14 to 19, and has been replicated with middle school students. Urban, rural and/or frontier and tribal.
Cost:	Manual is available for \$39.95. Training for school staff about \$18,000 for a 3-day training. Contact Teresa LaFromboise, Ph.D., at lafrom@stanford.edu .

3. Break Free From Depression: A Curriculum Addressing Adolescent Depression

<http://www.childrenshospital.org/breakfree>

Listing:	SPRC-BPR (Section III)
Description:	A 4-lesson (approximately 4-hour total) classroom curriculum that increases student knowledge of depression and suicide and promotes help-seeking for students in grades 8-12. It was developed by the Swensrud Depression Prevention Initiative (SDPI) of the Children's Neighborhood Partnerships Program at Boston Children's Hospital.
Target:	Youth in grades 8-12
Content:	Curriculum is divided into 4 sessions that can be taught by regular classroom teachers, guidance counselors, adjustment counselors, and/or school nurses. It is strongly recommended that anyone planning to teach the curriculum attend a train-the-trainer workshop offered throughout the school year by the SDPI team.
Cost:	Curriculum packet including DVD documentary is \$150.

4. CAST (Coping and Support Training)

http://www.reconnectingyouth.com/cast/what_main.html

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression, but can be used for all teens. 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.
Target:	Adolescents aged 14-18 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.
Content:	Twelve, 55-minute group sessions administered over 6 weeks by trained high school teachers, counselors, or nurses with considerable school-based experience.
Cost:	Curriculum kit = \$450; student notebooks = \$18 each; \$1100 per person for 4 day on- or off-site training with a minimum of 8 trainees per site.

5. Connect Youth Leaders: Partnering with Adults in Youth Suicide Prevention

<http://www.theconnectprogram.org/training-audiences/youth-teen-suicide-prevention-and-intervention-training>

Listing:	SPRC-BPR (Section III)
Description:	<i>Youth Leaders</i> is a two-day training for youth leaders and adult co-facilitators that prepares youth and adults to conduct <i>Connect Youth Suicide Prevention</i> training for teenage audiences. Friends of youth at risk are typically the ones who see suicidal warnings before adults. Because youth may not know what to do about a friend at risk, or may keep a suicide plan “secret,” it is important for youth to be trained in suicide prevention and intervention. Research consistently shows that peer training is a very effective method for educating youth.
Target:	High school youth
Content:	<i>Youth Leaders</i> is based on <i>Connect Suicide Prevention Training</i> , a designated SPRC/AFSP Best Practices Registry program. This training takes into account developmental considerations of high school-age youth as well as safe messaging guidelines. All materials, activities, and PowerPoint slides were developed to meet the needs of youth and guide their involvement in youth suicide prevention.
Cost:	For prices and more information, please contact Elaine de Mello: edemello@naminh.org

6. EndingSuicide.com (Education on Ending Suicide)

www.EndingSuicide.com

Listing:	SPRC-BPR (Section III)
Description:	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.
Target:	Educators, physicians, social workers and certified counselors.
Content:	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.
Cost:	Available free at www.larasig.com/suicide . There is a small fee if continuing medical education credit is desired.

7. How Not To Keep A Secret

<http://www.southshorehospital.org/yhcpublications>

Listing:	SPRC-BPR (Section III)
Description:	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.
Target:	High schools
Content:	Day-long training including interactive activities that is part of a recommended comprehensive program.
Cost:	\$50 How Not To Keep A Secret manual



8. Journey to Wellness

Contact Ms. José Pruden at Jose.Pruden@brt6hc.ca, 306-937-6700

Listing:	SPRC-BPR (Section III)
Description:	Journey to Wellness (J2W) is an eight-week wellness program for American Indian youth. Participants receive a sequenced set of eight one-hour sessions that are framed positively toward healthy living styles while at the same time exploring risk factors, suicide prevention, and other suicide-related issues. The sessions are activity-oriented and designed to engage youth. J2W was developed by Battlefords Tribal Council (BTC) Indian Health Services staff.
Target:	American Indian youth 12-18 years old
Content:	Sessions topics include: relationship building, problem solving, self-esteem building, facts and myths of suicide, networking, life planning, emergency planning, and finally, a celebratory event to close out the sessions. J2W is delivered along gender and age group divisions to promote comfort and safety.
Cost:	The Journey to Wellness program manual is available without charge. Contact Ms. José Pruden for a copy at Jose.Pruden@brt6hc.ca , 306-937-6700.

9. Kognito

a. At-Risk for High School Educators

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach high school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.
Target:	High school faculty, administration and staff
Content:	Learners assume the role of a 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 to achieve positive outcomes.
Cost:	Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

b. At-Risk for Middle School Educators

Listing:	SPRC-BPR (Section III)
Description:	A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach high school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.
Target:	Middle school faculty, administration and staff
Content:	Learners assume the role of a 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 to achieve positive outcomes.
Cost:	Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

c. Step In, Speak Up!: Supporting LGBTQ Students

<https://www.kognito.com/products/stepin/>

Listing:	SPRC-BPR (Section III)
Description:	In the training, users assume the role of an educator and engage in scenarios address common challenges affecting educators and their students who may be struggling with psychological distress and suicidal ideation related to harassment or exclusion related to sexual identity, sexual orientation or other differences. By addressing the common challenges facing LGBTQ or other vulnerable students, teachers and staff will create a more supportive academic environment for all students and support prevention and early intervention through effective referrals.
Target:	Middle and high school faculty, administration and staff
Content:	25-minute, online, interactive training simulation intended for use by teachers and school staff.
Cost:	Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and district-wide licensing is also available. Contact Kognito for more information.

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

<http://www.save.org/leads>

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	Designed to increase knowledge of depression and suicide and suicide prevention resources, modify perceptions of depression and suicide, and improve intentions to engage in help-seeking behaviors. The curriculum addresses such topics as depression and its symptoms, the link between depression and suicide, the risk and protective factors associated with suicide, the warning signs, seeking help and overcoming barriers to seeking help, and school and community suicide prevention resources.
Target:	High school students, grades 9-12.
Content:	Teachers implement the curriculum for 1 hour a day over 3 days. Each session includes classroom lecture, individual and group activities, and small-group discussions, followed by activities and homework outside of school. The intervention incorporates technology-based activities that resonate with youth.
Cost:	\$125 per unit, available as CD and Teacher's Guide. Additional technical assistance is available upon request.



11. Lifelines

<http://www.hazelden.org/web/public/lifelines.page>

a. Lifelines: A Suicide Prevention Program

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	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 answers questions about youth suicide and prevention, and it involves them in the school's suicide prevention activities. Hazelden Publishing, 2009.
Target:	Grades: 8 to 12
Content:	Training for students, administrators, faculty, support staff & parents. Student curriculum 4, 45-minute lessons.
Cost:	Implementation package, \$225

b. Lifelines Intervention: Helping Students at Risk for Suicide

Listing:	SPRC-BPR (Section III)
Description:	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.
Target:	Middle and high schools
Content:	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.
Cost:	\$149

c. Lifelines Postvention: Responding to Suicide and Other Traumatic Death

Listing:	SPRC-BPR (Section III)
Description:	This comprehensive, whole-school best-practices manual is designed for middle and high school communities. This unique program educates everyone in the school community on how to successfully address and respond to not only suicide, but any type of traumatic death that profoundly affects the school population.
Target:	Middle and high schools
Content:	With in-depth references and detailed plans, this resource outlines a response strategy that reflects the challenges schools face in dealing with a death within the school community. Also included are references and support materials that allow school leaders to recognize and reduce the risk of suicide contagion (or "copycat") behavior within the school.
Cost:	\$99



12. LivingWorks

<https://www.livingworks.net/>

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

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 cost \$41.20 per person.

b. ASIST the Trainer

Listing:	SPRC-BPR (Section III)
Description:	A five-day (minimum) course that prepares local resource persons to be trainers of the ASIST workshop.
Target:	Local resource persons to be trainers of the ASIST workshop.
Content:	Coaching, independent study, group presentations, lectures and seminars.
Cost:	Training for Trainers (5 days) includes all costs for instructors, materials, and host-site requirements \$2,885.

c. safeTALK, Suicide Alertness for Everyone, a Living Works program

Listing:	SPRC-BPR (Section III)
Description:	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.
Target:	Anyone over age 15 to educate them to assist persons with suicidal ideation to obtain suicide first aid resources (Tell, Ask, Listen, Keepsafe).
Content:	A half-day alertness training including video clips illustrate alert and non-alert responses; discussion; and practice.
Cost:	Depends upon the organization hosting. Materials are \$7.75 per person.



13. Making Educators Partners in Youth Suicide Prevention

www.sptsusa.org

Listing:	SPRC-BPR (Section III)
Description:	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> .
Target:	Educators and school staff
Content:	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.
Cost:	Available online from the Society for the Prevention of Teen Suicide without charge.

14. Model Adolescent Suicide Prevention Program (MASPP)

contact Patricia Serna at 505-699-6625 or pserna@nccbs.org

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	MASPP is a public health-oriented suicidal-behavior prevention and intervention program originally developed for a small American Indian tribe in rural New Mexico to target high rates of suicide among its adolescents and young adults. The goals of the program are to reduce the incidence of adolescent suicides and suicide attempts through community education about suicide and related behavioral issues, such as child abuse and neglect, family violence, trauma, and alcohol and substance abuse.
Target:	Ages 6-25
Content:	Central features of the program include formalized surveillance of suicide-related behaviors; a school-based suicide prevention curriculum; community education; enhanced screening and clinical services; and extensive outreach provided through health clinics, social services programs, schools, and community gatherings and events.
Cost:	Adolescent Suicide Prevention Manual available free. On-site training is \$750 per day, plus expenses.

15. More Than Sad

<http://www.morethansad.org/>

a. Suicide Prevention Education for Teachers and Other School Personnel

Listing:	SPRC-BPR (Section III)
Description:	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.
Target:	Youth age 14-18, educators and school staff
Content:	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.
Cost:	Course materials available online at no cost. 2015 More Than Sad DVD = \$60.



b. Teen Depression

Listing:	SPRC-BPR (Section III)
Description:	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 teenage 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.
Target:	High school students
Content:	The film 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).
Cost:	Course materials available online at no cost. 2015 More Than Sad DVD = \$60.

16. Plan, Prepare, Prevent: The SOS Signs of Suicide Online Gatekeeper Training

<http://www.mentalhealthscreening.org/Gatekeeper/>

Listing:	SPRC-BPR (Section III)
Description:	This is a training module of the larger SOS Signs of Suicide Prevention Program (listed in NREPP and Section I of the BPR). It can also be used independently of the SOS Program. The intended audience for this course is middle and high school staff members, or staff at other organizations looking to deepen their understanding of youth mental health and considering implementing an evidence-based prevention program. The module provides contextual information about mental illness, suicide, and risk and protective factors, and teaches participants to recognize and respond to the warning signs of depression and suicide.
Target:	Middle and high school staff members
Content:	The course takes approximately 90 minutes to complete, and has videos and interactive quizzes throughout the three sections. The course offers contact hours for licensure for school nurses, social workers, psychologists, and counselors. It also offers a Certificate of Completion for anyone who finishes the course.
Cost:	This online training is included in the SOS Program at no additional charge. Organizations not currently using the SOS Program may gain free access to the online training.

17. QPR: Question, Persuade and Refer

www.qprinstitute.com

a. QPR Online Gatekeeper Training

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	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.
Target:	Adults learn to recognize the warning signs of suicide and to question, persuade and refer someone to help.
Content:	Online materials and quizzes with periodic follow-ups reminding participants to refresh their training online.
Cost:	\$29.95

b. QPR Gatekeeper Trainer Certification Course

Listing:	On both the NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	Certification Self-Study 8 hour course to Teach QPR to their community
Target:	Community members who want to teach QPR
Content:	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.
Cost:	\$495 for 3-year certification plus cost of training materials, which can be passed on to the participants.

c. QPRT Suicide Risk Assessment and Management Training

Listing:	SPRC-BPR (Section III)
Description:	Designed to standardize the detection, assessment, and management of patients at elevated risk for suicidal behaviors in all settings and across the age span.
Target:	For professionals who may evaluate, assist, counsel or treat potentially suicidal persons, including counselors, psychologists, nurses, and social workers.
Content:	8-12 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.
Cost:	Costs vary depending on the type of training. Online course for one person, \$149.

d. QPR Suicide Triage Training

Listing:	SPRC-BPR (Section III)
Description:	Certification Self-Study 6 hour course to help law enforcement protect and serve suicidal people.
Target:	Law enforcement professionals
Content:	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.

Cost: \$119

18. Real Teenagers Talking about Adolescent Depression: A Video-Based Study Guide

<http://www.erikaslighthouse.org/real-teenagers-talking-about-adolescent-depression>

Listing: SPRC-BPR (Section III)

Description: Developed by Erika's Lighthouse, *Real Teenagers Talking about Depression: A Video-Based Study Guide* is a 1-hour universal intervention for middle-school and high-school classrooms that focuses on depression education. The purpose of the video and study guide is to increase student knowledge about depression, reduce stigma surrounding depression and increase the likelihood that students with depression will receive help.

Target: Middle school and high school students

Content: Program content is based on research that shows that: depression is common among adolescents; it is a major risk factor for youth suicide; it is a diagnosable mental disorder with specific symptoms; it is treatable and friends are often the first to know about a friend's depression.

Cost: Video and study guide are available free of charge.

19. Reconnecting Youth: A Peer Group Approach (RY)

<http://reconnectingyouth.com>

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

Description: 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. 75 lessons typically taught as a semester-long, for-credit course.

Target: Adolescents aged 14 - 19

Content: 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.

Cost: 4-day, on- or off-site training for RY leaders and coordinators, \$1,100 per person for a minimum of 8 participants, plus \$299.95 for materials; RY Curriculum, \$318 each; and RY Student Workbooks, \$31.50 each.



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

<http://www.columbiacare.org/response.html>

Listing:	SPRC-BPR (Section III)
Description:	<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.
Target:	High school staff, students and parents
Content:	Components include: 1) an Implementation Manual with step by step instructions for administrators, 2) a Student Component with 4 50-minute lesson plans, and 3) an In-Service Manual with complete instructions on delivering a 2 hour staff training.
Cost:	School Kit: \$425, Additional Teacher Manual: \$137.50, Optional Parent Workshop: \$175, Additional In-Service Manual: \$137.50.

21. Signs of Suicide® (SOS)

<http://www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/>

Listing:	On both NREPP (Evidence-Based) and SPRC-BPR (Section I)
Description:	Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff.
Target:	Middle and High School (6-12)
Content:	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 or middle school kits with DVD and materials for 100 students, \$395.

22. 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:	\$5,000 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.

23. Suicide Prevention among LGBT Youth

<http://www.sprc.org/training-institute/lgbt-youth-workshop>

Listing:	SPRC-BPR (Section III)
Description:	Suicide Prevention among LGBT Youth: A Workshop for Professionals Who Serve Youth is a free workshop kit to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among lesbian, gay, bisexual, and transgender (LGBT) youth. Organizers are welcome to shorten or lengthen the suggested four-hour format.
Target:	Middle and High school students
Content:	Topics covered include suicidal behavior among LGBT youth, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase school or agency cultural competence. The kit contains everything you need to host a workshop: a Leader's Guide, sample agenda, PowerPoint presentations, sample script, and handouts. The workshop includes adaptable lecture, small group exercises, and group discussion.
Cost:	No charge.

24. The Fire Within: Youth Entrepreneurs Preventing Suicide

<http://carsonjspencer.org/programs/firewithin/>

Listing:	SPRC-BPR (Section III)
Description:	30-hour, classroom-based program for high school students that applies entrepreneurial strategies to suicide prevention. Co-curricular instruction (combining the talents of classroom teachers and local business leaders) using a hands-on approach helps students develop and use business, entrepreneurship, and leadership skills to advance suicide prevention and awareness.
Target:	High school students
Content:	Students learn facts about teen suicide, research and identify the root causes of suicidal ideation among their peers, explore possible prevention strategies, and develop and execute a business plan to prevent suicide within their own community. The program includes a business plan competition in which students develop sustainable businesses that raise revenue and achieve market-based solutions that address the root causes of suicide in their communities. Students compete for varying levels of seed money to implement their plans.
Cost:	No cost for schools in Colorado. Contact gubba@carsonjspencer.org for more information.



25. Yellow Ribbon

www.yellowribbon.org

a. Ask 4 Help!

Listing:	SPRC-BPR (Section III)
Description:	Developed by Yellow Ribbon, Ask4Help! is a 90 minute high school-based curriculum that provides students with knowledge that may increase help seeking for themselves or others.
Target:	High School students
Content:	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.
Cost:	Direct training costs vary depending upon location and number of participants. Program toolkit is available for \$350.

b. Be a Link!

Listing:	SPRC-BPR (Section III)
Description:	Developed by Yellow Ribbon, Be a Link! is a 2 ½ hour adult gatekeeper training. Provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate resources.
Target:	Adults working with youth
Content:	PowerPoint presentation and a trainer's manual.
Cost:	Direct training costs vary depending upon location and number of participants. The toolkit is available for \$350.

26. Youth Suicide Prevention Program (YSPP)

a. Helping Every Living Person (HELP)

http://www.yspp.org/curriculum/HELP_curriculum.htm

Listing:	SPRC-BPR (Section III)
Description:	Developed by the Youth Suicide Prevention Program (YSPP in Washington State), based on the American Association of Suicidology (AAS) guidelines. Containing four, 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.
Target:	9 th -12 th grades (see Look Listen Link below for middle school)
Content:	Activities call for discussion and problem solving and involve issues that students are currently dealing with, such as keeping confidences.
Cost:	\$150 per curriculum (outside of Washington State)

b. Look Listen Link

http://www.yspp.org/curriculum/look_listen_link.htm

Listing:	SPRC-BPR (Section III)
Description:	Developed by the Youth Suicide Prevention Program (YSPP in Washington State), based on the American Association of Suicidology (AAS) guidelines. Containing four, 45-minute lessons. Topics include stress, anxiety, depression, suicide prevention, and



skills to help a friend who may be struggling with these issues.

Target:	6 th -8 th grades (see Helping Every Living Person above for high school)
Content:	Includes interactive exercises, classroom discussion, role-play practice, and observation that is based on issues relevant to students.
Cost:	\$150 per curriculum (outside of Washington State)

V. 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 from the American Association of Suicidology are available at: <http://www.sprc.org/bpr/section-II/guidelines-school-based-suicide-prevention-programs>.

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

These recommendations were developed by the Lessons Learned Working Group (LLWG), a partnership of multiple agencies and key stakeholders in suicide prevention. Available from the Suicide Prevention Resource Center at:

http://www.sprc.org/library_resources/items/recommendations-school-based-suicide-prevention-screening.

C. *Recommendations for: Youth Suicide Prevention Training for Early Identification and Referral (Gatekeeper Training)*

Developed by the Lessons Learned Working Group (LLWG), this document provides research-based recommendations for those interested in selecting or developing, and then implementing a gatekeeper training program to prevent suicide. Because these recommendations are based on research and evaluation and informed by lessons learned from grantees, the LLWG believes they are likely to improve the effectiveness of gatekeeper training for youth suicide prevention.

Available from the Suicide Prevention Resource Center at:

http://www.sprc.org/library_resources/items/recommendations-youth-suicide-prevention-training-early-identification-and-r.

D. *Responding to a Cry for Help: Best Practices for Online Technologies*

Provides recommendations for the development of policies and resources that decrease suicide risk amongst users of online technologies. Officials from online technology companies and suicide prevention professionals created the recommendations, which were further refined through a review of relevant literature and additional expert review. The initial meeting was conducted by Daniel Reidenberg of Suicide Awareness Voices of Education (SAVE) and officials from Facebook, Google, YouTube, Microsoft, Tumblr, Twitter, Wordpress, Yahoo, the National Suicide Prevention Lifeline, the Suicide Research Unit—Medical University of Vienna, and the Substance Abuse and Mental Health Services Administration. Available for no charge at:

<http://www.preventtheattempt.com/>.

E. *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. This guide



was created through the collaboration of multiple organizations and is also available in Spanish. It may be downloaded at: <http://www.lgbtmap.org/talking-about-suicide-and-lgbt-populations>.

F. 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: <http://www.suicidology.org/Making-Educational-Video/EvaluationGuidelines>.

G. 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>.

H. 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: <http://www.maine.gov/suicide/professionals/program/index.htm>.

VI. TOOLKITS

A. 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: <http://www.afsp.org/preventing-suicide/our-education-and-prevention-programs/programs-for-teens-and-young-adults/after-a-suicide-a-toolkit-for-schools> or http://www.sprc.org/library_resources/items/after-suicide-toolkit-schools.

B. Preventing Suicide: A Toolkit for High Schools

Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. This Toolkit includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students. Available at no charge from the Substance Abuse and Mental Health Services Administration (SAMHSA) at:

<http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>.



VII. THERAPEUTIC RESOURCES

A. Colorado Crisis Services

www.Coloradocrisiservices.org

Phone: 1.844.493.8255 (TALK)

Mission: This initiative created a foundation for the development of a comprehensive statewide behavioral health crisis care system for individuals, families, and communities. Designed to:

- ✓ Improve access to the most appropriate resources and services as early as possible
- ✓ Decrease the number of unnecessary involuntary civil commitments, utilization of hospital emergency departments, jails, prisons, and homeless programs for individuals experiencing a behavioral health emergency
- ✓ Promote recovery for the individual

Description:

Key Service Components - Colorado Crisis Support Services

Statewide 24-Hour crisis + support line - Lines staffed by skilled professionals and Peers to assess and make appropriate referrals to resources and treatment.

1.844.493.8255 (TALK)

Walk-in crisis services / crisis stabilization unit(s) - 24 hour Urgent care services with capacity for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide

Mobile crisis services - 24 hour Mobile crisis units with the ability to respond within one-hour in urban and two-hours in rural areas to a behavioral health crisis in the community for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide

Crisis Respite/Residential - A range of short-term crisis residential services (e.g., supervised apartments/houses, foster homes, and crisis stabilization services). Four Regions/Statewide. Check the website or call for more information.

B. Colorado Department of Human Services – Office of Behavioral Health, Community Behavioral Health

<https://sites.google.com/a/state.co.us/cdhs-behavioral-health/home/community-behavioral-health>

3824 West Princeton Circle, Denver, CO 80236-3111

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

- Description:**
- Provides information regarding mental health services to Coloradans of all ages who do not have mental health insurance coverage or who have Medicaid.
 - Includes information about 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



C. Rural Solutions

www.rural-solutions.org

PO Box 503, 115 N. 5th Ave, Sterling, CO 80751

Phone: (970) 526-3616, email: mail@rural-solutions.org

Mission: Rural Solutions is a non-profit organization that is a coalition of grassroots organizations, mental health providers, social services departments, handicapped services, public health, Area Agency on Aging and elected officials. They work to coordinate health and human service needs assessments and program development in ten counties in Northeast Colorado. These counties include: Cheyenne, Elbert, Kit Carson, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington and Yuma.

Description: The LifeSource Project is a program of Rural Solutions. In 2009, Rural Solutions formed the Second Wind Fund of Northeast Colorado to focus specifically on youth suicide prevention in this region. The program was renamed LifeSource Project to support all of the suicide prevention programs. The LifeSource Project removes financial barriers for youth at-risk for suicide to the help that they need.

D. The Second Wind Fund, Inc.

www.thesecondwindfund.org

PO Box 260795, Lakewood, CO 80226-0795

Phone: (303) 988-5870

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. SWF has built an innovative program to urgently match children and youth who may be displaying suicidal tendencies with a therapist in their local community.

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, Douglas, Jefferson, and Park counties). Other affiliates offer services in Boulder county and the Four Corners area. New Affiliate Programs are forming in the Eagle, El Paso, and Teller county areas as well. 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.
