



Telehealth **ROCKS**

Welcome!

The session will begin at noon



Telehealth **ROCKS**

Keeping Kids Safe ECHO- Session 3

- Your microphone has been muted. You can use the chat or unmute to ask questions.
- We appreciate you keeping your camera on.
- Make sure your first and last name are visible on your Zoom screen.
- Certificates of attendance will be emailed after the last session.



Presenters

- Presenter:
Erica Molde, LMSW
Zero Suicide Program Coordinator
Kansas Suicide Prevention HQ
- Chat:
Melissa Maras, PhD
Clinical-Community Psychologist

Project Disclosure Statement

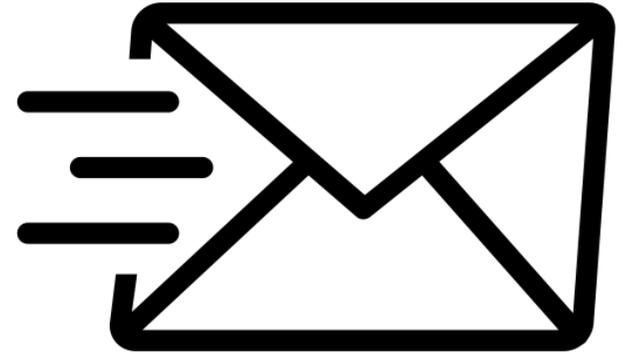
- We have no relevant financial relationships with the manufacturers of any commercial products and/or provider of commercial services discussed in this activity
- We do not intend to discuss an unapproved/investigative use of a commercial product/device in our presentation.

Mitigating Potential Bias

- The information and recommendations involving clinical medicine is based on evidence that is currently accepted within the profession.

After the Session

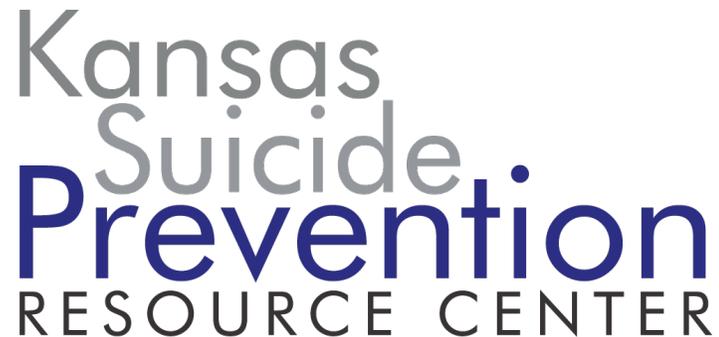
- The slides and recording will be sent to you as soon as they are processed.
- Certificates of attendance will be sent after the series is complete.
- If you have questions that didn't get answered during the session, sent them to telehealthrocks@kumc.edu



Kansas Suicide Prevention Headquarters

KS Suicide Prevention Resource Center

- Policy & advocacy
- Suicide prevention & intervention education and TA
- Postvention response
- Suicide care policy consultation and development



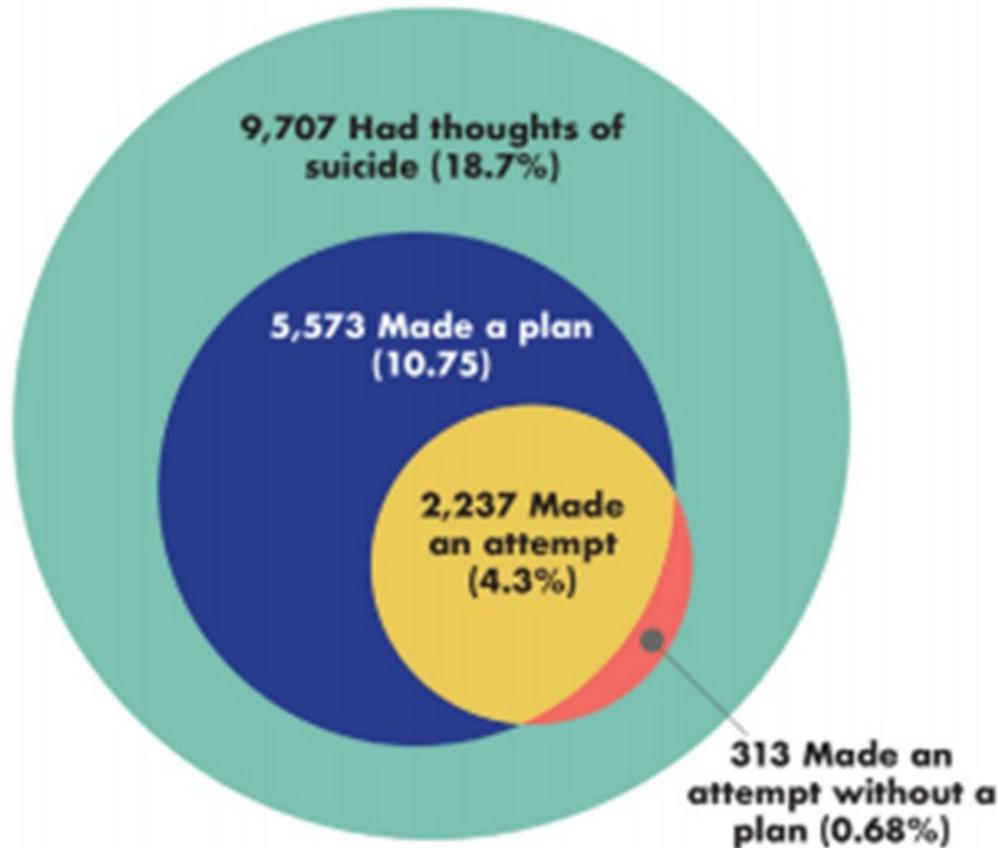
Headquarters Counseling Center

- 988 crisis contact center for Kansas
Calls & texts
- Therapy clinic
Intern program
- Crisis chat



Why Suicide Screening in Schools

2019 Kansas Student-Reported Suicide Thoughts, Plans, and Attempts



Youth are not likely to reveal their suicidal thoughts on their own without being asked directly.

Parents are not likely to know about suicidal thoughts or behaviors.

*Take a look at your own KCTC data for more specific info.

Telehealth ROCKS

Regional Outreach for Communities, Kids and Schools

Word Cloud

Question:

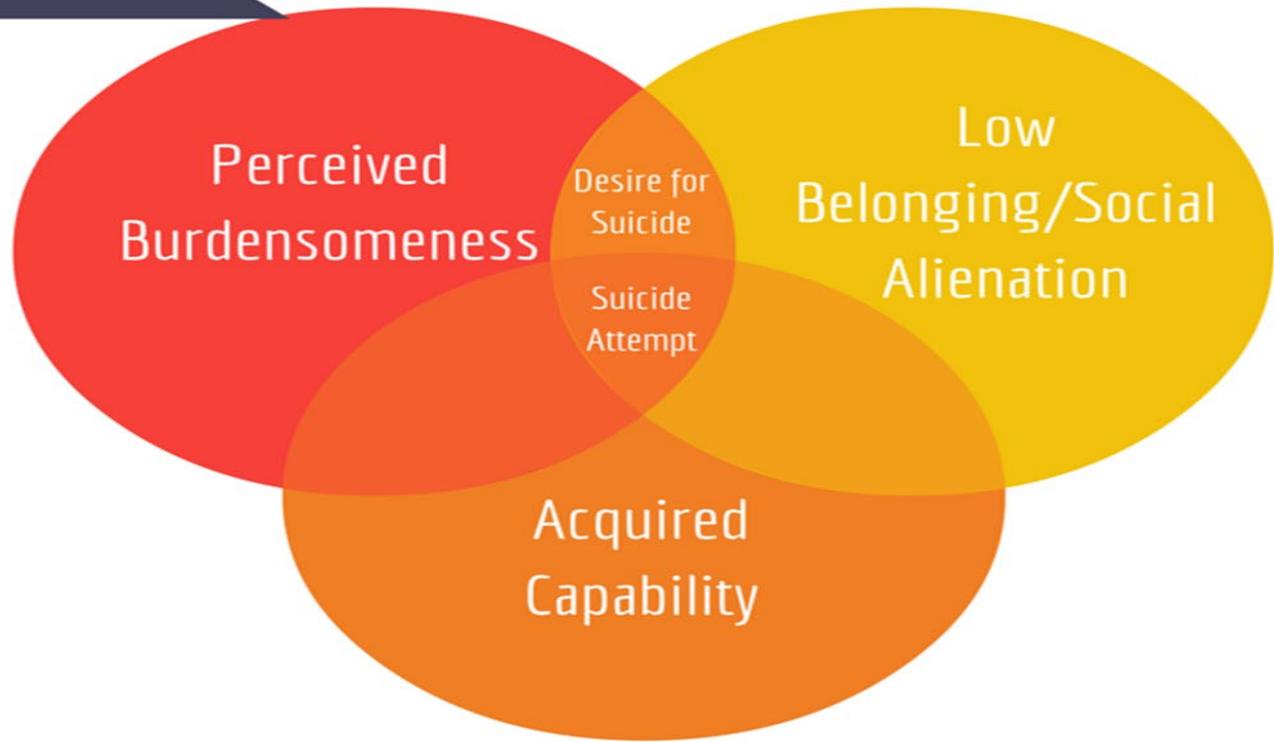
What are some warning signs?

How to participate:

- Click the link in the chat to respond
- You can skip entering your name
- Multiple words must be entered with a hyphen or without a space.
Example: Type “word-cloud” or “wordcloud”

What Do I Look For?

Joiner's Interpersonal - Psychological Theory of Suicidal Behavior (2005)



Three Categories of Warning Signs

Loss

1. Defined by the person
2. If you suspect a loss, ask them
3. Tangible or intangible

Pain

1. Expressions
 - a. Psychological
 - b. Physical
2. Avoidance
 - a. Substance use
 - b. Risk taking behavior

Gut Instinct

1. Changes in behavior
2. May not be observable
3. May require some persistence

Imminent Warning Signs

- Talks or writes about suicide, death or desire to disappear
 - “Attention seeking”
 - Jokes
- Has a plan
 - Has intent to act on a plan
- Making preparations for suicide
 - Giving away treasured belongings
 - Sorting out care of pets or loved ones
 - Writing a suicide note
 - Looking for means to attempt suicide

Clinical Skills

How do we get the answers we really need from students?

- 1** Ask direct and specific questions that are NOT leading.
- 2** Explain why you are asking and what you plan to do with the information you receive.
- 3** Validate the student's feelings and navigate the conversation without judgement.

Recommendations

Use a formalized screening tool. We recommend the Columbia-Suicide Severity Rating Scale (C-SSRS).

- direct and specific questions already written
- has recommended steps to take depending on risk-level
- asks about suicidal thoughts AND behaviors!

Have a suicide intervention policy in place at your school.

- sample policy will be sent via email

HB 2567 Implications for Suicide Screening

Kansas Association of School Boards recommends that each individual school district should contact their legal teams for interpretation and formal guidance.

How are you all navigating this?

Scenario presentation

- Scenario description
- Clarifying questions
- Recommendations
- Summary

Participants: type any recommendations or questions you have in the chat.



Scenario presentation

Shared by Megan Hewitt

Description:

- What should we do when students are frustrated/upset and they say, write or post “I’m going to kill myself” or “I want to die?”
- We teach and practice self-regulation skills, but students aren’t using them when emotions run high. They also aren’t asking for help.
- Students don’t understand that we have to contact parents when statements about suicide are made. Ensuring their mental and physical safety also seems to be lost on them.

Questions?

- Any questions?
- Any pearls of wisdom to share?
- Unmute to share or type in the chat.



Key Takeaways

- 1** School personnel should familiarize themselves with warning signs of suicide.
- 2** School personnel should know their role in identifying students at risk of suicide.
- 3** Having a suicide intervention policy/plan in place for the entire school building is essential.

Thank you for attending

- **Next session:** Tuesday, October 18 from 12-1 PM CST.
- **Resources:** Slides and materials will be sent to your email



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