



AB 2246 Resource Guide

This Guide provides a comprehensive list of resources organized into:

Staff Trainings, Student Engagement, Assessment and Safety Planning Tools, Additional Suicide Prevention Resources, Suicide Prevention Data

Staff Trainings (in person)

SafeTALK (Livingworks)

Registry: SPRC, Best Practice Registry

Cost: Varies (Free-\$300)

SafeTALK is a half-day training program that teaches participants

to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The 'safe' of *safeTALK* stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and Keep-Safe.

Website: <https://www.livingworks.net/programs/safetalk/>



SuicideTALK (Livingworks)

Cost: Varies

This discussion based workshop (ranging from 90 minutes to a half a day), *SuicideTALK* invites all participants—regardless of

prior training or experience—to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in several different ways, session members can discover some of the beliefs and ideas about suicide in their communities—and in themselves. **Website:** www.livingworks.net/programs/suicidetalk/



Applied Suicide Intervention Skills Training (ASIST, Livingworks)

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: Varies (\$100-\$200)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. **Website:** www.livingworks.net/programs/asist/





QPR (Question, Persuade, Refer)

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: Varies (Trainer Certification: \$495)

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Trainees receive a *QPR* booklet and wallet card as a review and resource tool that includes local referral resources. Train the Trainer opportunities available. **Website:** www.qprinstitute.com/

Mental Health First Aid

Cost: Varies

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. **Website:** <https://www.mentalhealthfirstaid.org/cs/>



The Trevor Project: Trainings for Youth-Serving Professionals

Cost: Varies

The Trevor Project's Trainings for Professionals include in-person Ally and CARE trainings designed for adults who work with youth. These Trainings help counselors, educators, administrators, school nurses, and social workers discuss LGBTQ-competent suicide prevention. **Website:** www.thetrevorproject.org/pages/trainings-for-youth-serving-professionals

Trevor Ally Trainings

The Trevor Ally Program help adults learn about lesbian, gay, bisexual, transgender and questioning youth people, the specific risks and challenges they face and how they can become an "ally" by knowing valuable resources and strategies.

Trevor CARE Trainings

The Trevor CARE Trainings help adults who work with youth learn to "Connect, Accept, Respond and Empower" (CARE) young people in crisis. This training discusses LGBTQ-specific risk factors for suicide, explores protective factors that can lower these risks and how to help youth get the support they need.

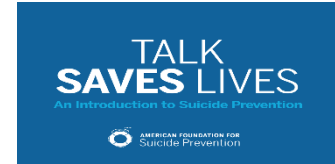
If you are interested in having Trevor provide one of these trainings for your staff, please email Chris Bright for scheduling details (chris.bright@thetrevorproject.org)



Talk Saves Lives: An Introduction to Suicide Prevention

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Attendees will learn the risk and warning signs of suicide, and how together, we can help prevent it. **Website:**

afsp.org/our-work/education/talk-saves-lives-introduction-suicide-prevention/



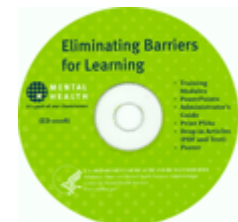
Break Free from Depression

Developed at Boston Children's Hospital, *Break Free from Depression* is a school-based curriculum designed to increase adolescents' awareness and knowledge about depression, enhance their ability to recognize signs and symptoms in themselves and their friends, and increase students' skills and strategies for finding help for themselves and their peers. This 4-session curriculum for high school students combines didactic and interactive activities. The cornerstone of the curriculum is a documentary that focuses on a diverse group of real adolescents (not actors) talking about their struggles with depression and suicide in their own words. **Website:** www.childrenshospital.org/breakfree

Eliminating Barriers to Learning

Cost: Free

Equips secondary school teachers and staff with a training and continuing education program that focuses on mental health issues in the classroom. Includes training modules, PowerPoints, an administrator's guide, PSAs, articles, and a poster. **Website:** www.store.samhsa.gov/product/Mental-Health-It-s-Part-of-Our-Classroom/SMA07-4283



Parents and Teachers As Allies (NAMI)

NAMI offers a free, on-site presentation that informs teachers and school personnel about mental health conditions, warning signs, how to communicate and partner with families effectively, how to link to community services quickly and how to create a supportive learning environment for all students. The presentation is 90 minutes and is led by a team from the community and consists of a young adult with a mental health condition, a parent and a teacher. **Website:** www.nami.org/Find-Support/NAMI-Programs/NAMI-Parents-Teachers-as-Allies



Directing Change

Cost: Varies

The Directing Change Program offers a variety of trainings that can be customized to meet the needs of districts and schools. Available trainings include all staff presentations, specialized staff trainings, postvention planning and youth engagement. **Website:**

www.directingchangeCA.org

Staff Trainings (online)

Question Persuade Refer (QPR) Online:

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: Varies (Individual: \$30, Institutional Licenses also available)

A one-hour online gatekeeper course that covers the following components:

- How to Question, Persuade and Refer someone who may be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

Website: www.qprinstitute.com/individual-training

Keenan

Keenan offers a free, short web-based tutorial that includes information regarding the new AB2246 law including warning signs and protective factors. **Website:** www.keenan.com/2017/suicide-prevention-in-schools/

Keenan

Signs Matter: Online Suicide Prevention Training for K-12 Educators

Cost: \$35 (Individual) / \$25 (50–99) / \$15 (100–199)

Signs Matter was developed based on a combination of science and best practice. The program presents scientifically based information on a variety of topics related to youth suicide, alongside best practice recommendations drawn from experts in the mental health and education fields. Science sheds light on key questions of risk and protective factors for youth suicide, as well as the most common behavioral presentations expressed by at risk youth. Recommendations for school personnel roles, support, referrals, and interventions are drawn from best practices of educational and mental health experts. **Website:** afsp.org/our-work/education/signs-matter-early-detection/



Kognito (At-Risk)

Registry: SAMHSA National Registry of Evidence-based Programs and Practices



Cost: Varies (Individual License: \$29, Institutional Licenses also available)

Kognito *At-Risk* Gatekeeper Training is a one hour online, interactive gatekeeper training simulation designed to prepare teachers and other school personnel to identify, approach, and refer students who are at risk of psychological distress. Training modules are available for Elementary, Middle School and High School Educators. **Website:** california.kognito.com/

At-Risk for High School Educators

A 60-minute interactive role-play simulation that builds awareness, knowledge and skills about mental health and suicide prevention, preparing high school educators to recognize students in psychological distress, discuss concerns and, if necessary, connect them with support services. Learning Objectives include: Identifying warning signs of mental distress, including verbal, behavioral and situational clues; managing conversations with students to determine the need for referral; and developing awareness of negative stereotypes and misconceptions about mental distress and illness

Step In, Speak Up!

A 30-minute interactive role-play simulation for educators that builds understanding and appreciation for the challenges faced by LGBTQ youth, and prepares users to lead real-life conversations with students to curtail harassment and support those who may be struggling as a result of bullying or isolation.



Student Engagement

Directing Change Program and Film Contest

Cost: Free

The Directing Change Program and Film Contest is a free and independently evaluated suicide prevention and mental health education program that asks students to develop 60-second films about suicide prevention or mental health. The program can easily be integrated into classroom, club, or extracurricular activities and offers a range of educational resources including lesson plans, short educational films, fact sheets, and presentations. **Website:** www.directingchange.org

Ending the Silence Program (NAMI)

Cost: Varies

Ending the Silence (ETS) is a mental health education and stigma reduction program designed specifically for high school and young adult audiences provided by the National Alliance on Mental Illness California (NAMI). During a one-hour presentation delivered during a class period, the trained two-person team provides education on mental health and personal testimony from a young person living well with a mental health condition. **Website:** www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence

NAMI on Campus High Schools

Cost: Varies

NAMI on campus High School (NCHS) is a mental health awareness club for student and teachers on high school campuses. The peer-led clubs (supported by an adult advisor) brings mental health awareness to campus and:

- Is open to all students, regardless of mental health status
- Promotes mental health activities on campus
- Strives to create a safe and stigma and discrimination-free environment on campus
- Creates life-long mental health advocates

Clubs work best in schools with TETRIS/EBL trained staff or staff with mental health background. NAMI California offers monthly Coaching Webinars and ongoing technical assistance for Advisors. **Website:** namica.org/programs/education/nami-on-campus/nami-on-campus-high-school





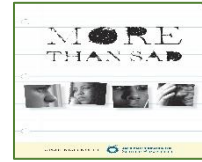
More Than Sad (American Foundation for Suicide Prevention)

Registry: SPRC, Best Practice Registry

Cost: \$60

More Than Sad: Teen Depression is a high school curriculum featuring a 26-minute film and discussion guide that can be integrated during one class period. The program seeks to increase the knowledge of the warning signs of youth suicide, so that educators and youth are better prepared to identify and refer students who may be at risk.

Website: www.AFSP.org



Signs of Suicide (SOS, Mental Health Screening)

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: \$395 per toolkit

The toolkit includes a DVD with three real life stories of young people and families impacted by depression and suicide, and vignettes of teens being faced with signs of depression in their friends, which model the appropriate response. Toolkit available for Middle School and High School students. In addition, “The SOS Second Act” toolkit is geared for 11th and 12th grade to review symptoms of depression and suicide and discuss substance use and other risky behaviors. The “Signs of Self-Injury” toolkit educates youth about self-injury and how to support a friend.

Website: <https://mentalhealthscreening.org/programs/youth>

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

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: \$125

The *LEADS* curriculum, developed with input from students and teachers, is an interactive three-day curriculum used in a health class setting for high school students. Throughout the lessons, students discuss symptoms of depression, risk and protective factors for suicide and learn to identify warning signs of suicide.

Website: www.save.org





Kognito (Peer-to-Peer)

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: Varies (Individual License: \$29, Institutional Licenses also available)

Kognito *Friend2Friend* introduces the concept of mental health, warning signs of psychological distress, and strategies for improving mental wellness through a 25-minute interactive, online learning activity. This suicide prevention tool was developed for students ages thirteen and over.

Website: www.kognitocampus.com/peer/



Reconnecting Youth

Registry: SAMHSA National Registry of Evidence-based Programs and Practices

Cost: \$1100

Reconnecting Youth is a program that helps at-risk youth achieve in school and decrease their drug use, anger, depression, and emotional distress.

The semester long curriculum focuses on skills training within the context of peer group and adult support.

Website: www.reconnectingyouth.com/programs/



Walk in Our Shoes

Cost: Free

Walk in Our Shoes utilizes real stories from teens and young adults to teach youth about mental health challenges and mental wellness. The website includes lesson plans and activities. Similar to its sister campaign in English, *Ponte en mis Zapatos* (Walk In Our Shoes) reduces stigma associated with mental illnesses by debunking myths and educating 9-13 year olds about mental wellness.

Websites: www.walkinourshoes.org (or) www.ponteenmiszapatos.org



PAZ The Good Behavior Game

Cost: A classroom kit begins around \$300

For elementary students, PAX teaches students self-regulation, self-control, and self-management in context of collaborating with others for peace, productivity, health and happiness. **Website:** <http://goodbehaviorgame.org/>



Yellow Ribbon Suicide Prevention Program:

Registry: SPRC, Best Practice Registry

Cost: Varies

Ask 4 Help! is a one-hour high school-based curriculum that provides students with knowledge that may increase help-seeking for themselves or on the behalf of others was developed by Yellow Ribbon. The *Ask 4 Help!* wallet card list how: to seek help, including a three-step action plan for helping others—staying with the person, listening to the person and getting help for the person.

Instructional materials include the PowerPoint presentation (provided on a CD), a teacher's manual that includes talking points for each of the PowerPoint slides, a program overview and outline, an FAQ, a preparation worksheet, and links to additional resources. **Website:**

www.yellowribbon.org



Lifeguard Workshop: The Trevor Project

Cost: Free

The Lifeguard Workshop is a free online learning module with a video, curriculum and teacher resources for middle and high school classrooms.

Website: **www.thetrevorproject.org/pages/lifeguard**

Assessment and Safety Planning (Tools and Trainings)

Columbia-Suicide Severity Rating Scale

The Columbia-Suicide Severity Rating Scale (C-SSRS) is a series of simple language questions that anyone can ask. This risk assessment tool helps users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support ht person need.



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 attempt that was either interrupted by another person or stopped of their own volition

Website: **www.cssrs.columbia.edu/the-columbia-scale-c-ssrs/about-the-scale/**



MY3

MY3 App is a free app that lets people identify their network and plan to stay safe. MY3 prepares people to help themselves and reach out to others—three (3) people they feel they could talk to when they are having thoughts of suicide. **Website:** www.my3app.org.



Virtual Hope Box

The Virtual Hope Box (VHB) is a smartphone application designed for use by patients and their behavioral health providers as an accessory to treatment. Tools to help patients with coping, relaxation, distraction, and positive thinking is provided on the VHB. **Website:** t2health.dcoe.mil/apps/virtual-hope-box



Suicide Survivor Speakers Bureau

The Suicide Survivor Speakers Bureau consists of people who have lost a loved one to suicide and have been trained to speak safely and effectively about their loss to the public, and to use their story of loss to deliver a message of prevention. The Bureau's goal is to prevent suicide through the telling of their members' stories. **Website:**

www.namimaine.org/?page=SpeakersBureau

Recognizing & Responding to Suicide Risk: Essential Skills for Clinicians

Cost: Varies (\$80 person, additional event fees may apply)

The American Association of Suicidology offers the Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians (RRSR) training. The advanced, interactive training is based on established core competencies that mental health professionals need in order to effectively assess and manage suicide risk. **Website:**

www.suicidology.org/training-accreditation/rrsr



Assessing and Managing Suicide Risk Training

Registry: SPRC, Best Practice Registry

Cost: \$115 per participant

Assessing and Managing Suicide Risk (AMSR) Training is a one-day workshop for behavioral health professionals that is based on the latest research and designed to help participants provide safe suicide care. **Website:** www.sprc.org/training-events/amsr

Connect Project

Connect provides customized training and interaction with experts in the field of suicide prevention and postvention. **Website:** www.theconnectprogram.org



Additional Resources

AB 2246 language:

https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201520160AB2246

California Department of Education, *Model Youth Suicide Prevention Policy*:

<http://www.cde.ca.gov/ls/cg/mh/suicideprevres.asp>

“Preventing Suicide: A Toolkit for High Schools” (Substance Abuse and Mental Health Services Administration)

This publication from the Substance Abuse and Mental Health Services Administration (SAMHSA) was created to assist high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. It includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students.

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

“After a Suicide: A Toolkit for Schools” (American Foundation for Suicide Prevention and the Suicide Prevention Resource Center)

This toolkit is designed to assist schools in the aftermath of a suicide (or other death) in the school community. It is meant to serve as a practical resource for schools facing real-time crises to help them determine what to do, when, and how. The toolkit reflects consensus recommendations developed in consultation with a diverse group of national experts, including school-based personnel, clinicians, researchers, and crisis response professionals. It incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance.

Website: www.sprc.org/sites/default/files/migrate/library/AfteraSuicideToolkitforSchools.pdf

Regional K-12 Student Mental Health Initiative

This website features a clearinghouse of resources and regional best practices is provided to assist California county offices of education, districts and schools to develop and implement effective programs and services that promote the mental health and wellness of students in grades K-8, with linkages to preschool and grades 9-12. **Website:** www.regionalk12smhi.org

Suicide Prevention Resource Center (SPRC): Resources and Programs (Registry)

This searchable repository provides information on several types of suicide prevention programs, such as education/training, screening, treatment, and environmental change.

Link: www.sprc.org/resources-programs



Substance Abuse and Mental Health Services Administration (SAMHSA): National Registry of Evidence-based Programs and Practices

The National Registry of Evidence-based Programs and Practices (NREPP) is an evidence-based repository and review system designed to provide the public with reliable information on mental health and substance use interventions. All interventions in the registry have met NREPP's minimum requirements for review.

Website: <http://nrepp.samhsa.gov/landing.aspx>

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline **1-800-273-TALK (8255)** provides 24/7 crisis intervention services from trained counselors at crisis centers throughout California. Callers are routed to the nearest crisis center based on their area code. Crisis line: La Red Nacional de Prevención del Suicidio: 1-888-628-9454.

Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) is an online resources that provides accurate data, up-to-date research, and knowledge of effective strategies and interventions. The center is federally supported to advance the National Strategy for Suicide Prevention. SPRC also provides technical assistance, training and materials to enhance knowledge and expertise of suicide prevention of practitioners and other professionals serving people at risk for suicide.

Website: www.sprc.org



Know the Signs

Know the Signs, is a California-based, statewide suicide prevention campaign. Its overall goal is to prepare more Californians to prevent suicide by encouraging them to know the warning signs, find the words to reach out to someone in crisis and reach out to local resources. Outreach and educational materials including posters, brochures and tent cards, can be viewed and download in English, Spanish and seven other languages by visiting the resource center on Your Voice Counts: www.yourvoicecounts.org. The campaign website is available in English and Spanish and provides interactive content about warnings signs, how to start a conversation with a person at risk and resources. **Website:** www.suicideispreventable.org (or) www.elsuicidioesprevenible.org

Pain Isn't Always Obvious



SuicideIsPreventable.org



Each Mind Matters

Each Mind Matters is California's Mental Health Movement and was created to unite people and organizations across the state who share a vision of improved mental health and equality. The goal is to amplify the voices of all people who want to put an end to stigma about mental illness, creating a community where everyone feels comfortable reaching out for the support they deserve. A variety of educational resources in many different languages are available on the website. **Website: www.eachmindmatters.org (or) www.sanamente.org**



National Alliance for Mental Illness

The National Alliance for Mental Illness (NAMI) is a national organization committed to building better lives for millions of Americans affected by mental illness. Through NAMI State Organizations and NAMI affiliates, NAMI offers educational programs that ensure families, individuals and educators receive the support and information they need. Contact their helpline for free referrals and or to receive information and support about mental illness: 1-800.950.NAMI (6264). NAMI also conducts advocacy work and leads awareness activities and events to fight stigma and encourage understanding of mental illness. **Website: www.nami.org**



Trevor Project

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24. **Website: www.thetrevorproject.org**

- Trevor hotline: 1.866.488.7386
- Trevor Chat-Available 7 days a week (12pm-6pm PST/3pm-9pm EST)
- Trevor Text: Text "Trevor" to 1.202.304.1200-Available Tuesday-Friday (12pm-6pm PT/3pm-9pm EST)
- **www.thetrevorproject.org/pages/get-help-now**

Accessing Data





California Healthy Kids Survey

The California Health Kids Survey collects data on from students in grades 5, 7,9 and 11 about attitudes, behaviors, and experiences related to school and learning. The survey was developed in 1999 and administered on a voluntary basis by schools across California. Some questions in this section include the following:

- Seriously considered attempting suicide in the past 12 months.
- Depression Related Feelings (student reported)



Aggregated state and county data is available online from 2011 to 2013. To access state and county data go to <http://chks.wested.org>

Reports CHKS (<http://chks.wested.org/>)

Step 1: Select “Reports” from top menu

Step 2: Identify County and/or District

Query CHKS (<http://chks.wested.org/query-chks/>)

Step 1: Choose one of the survey topics and then type of subcategory. Four subcategories are available : 1) grade level, 2)race/ethnicity, 3) gender and grade level and 4) level of connectedness to school.

Step 2: A new page will appear in table format listing all counties and respective data. To view only a specific county, choose “customize table” and select desired county. Data can also be viewed in bar, map and pie format and downloaded (see download icon). Prior year data is available through WestEd. Please contact them at 88.841.7536. **Website:** <http://chks.wested.org/>

Youth Risk Behavior Survey

The Youth Risk Behavior Survey (YRBS) monitors six types of health-risk behaviors that contribute to the leading causes of death and disability among youth and adults. Data is available from 1991 to 2015 for high schools and middle schools. Six health topics are covered in the survey





including behaviors that contribute to unintentional injuries and violence. Questions in this section include:

- Felt sad or hopeless (almost every day or 2 or more weeks in a row so that they stopped doing some unusual activities during the 12 months before the survey)
- Seriously considered attempting suicide (during the 12 months before the survey)
- Made a plan about how they would attempt suicide (during the 12 months before the survey)
- Attempted suicide (one or more times during the 12 months before the survey)
- Attempted suicide that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (during the 12 months before the survey)

To access local data go to <http://nccd.cdc.gov/youthonline/App/>

Step 1: Select High School or Middle School status

Step 2: Select location and scroll down to “Local” and choose a city and press “GO” icon. Only information for five California cities is available: Oakland, Los Angeles, San Bernardino, San Diego, San Francisco.

Step 3: A new page will appear where data is displayed by all health topics surveyed. The left side bars allows for display by selected health topics and demographic criteria. Data can also be viewed in graph format (see Tab-Graph) and printed (see print icon).

Note: The YRBS data can also be downloaded for further analysis. Visit

<https://chronicdata.cdc.gov/health-area/youth-risk-behaviors> for instructions and to download data.