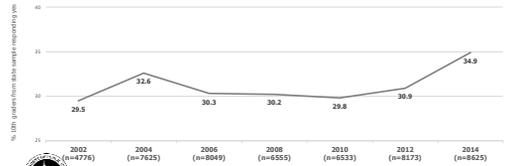


Office of Superintendent of Public Instruction
 Suicide Prevention Program
 School Safety Summit
 December 8, 2016

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During the past 12 months, did you ever **feel so sad or hopeless almost every day** for two weeks or more in a row that you stopped doing some usual activities?



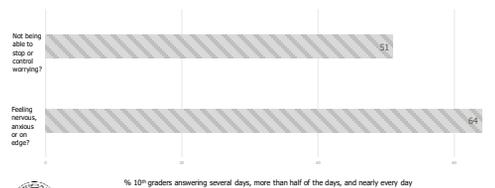
Source: Washington State Healthy Youth Survey, Askhys.net

Agenda

1. Healthy Youth Survey 2014 -- Suicide and Mental Health Data
2. Legislation Timeline
4. Details on legislative requirements:
 - District Plans
 - Training Requirements
 - OSPI Suicide Prevention Program
5. Suicide prevention planning through the MTSS Lens
6. Funding Sources and Resources



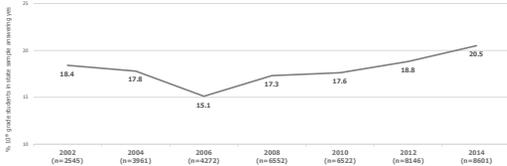
How often over the last 2 weeks were you **bothered by**....



% 10th graders answering several days, more than half of the days, and nearly every day

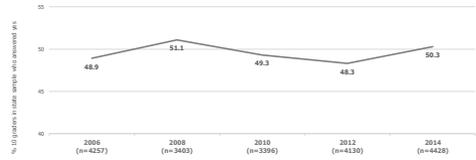
Source: Washington State Healthy Youth Survey, 2014; Askhys.net; new questions in 2014

During the past 12 months, did you ever **seriously consider attempting suicide?**



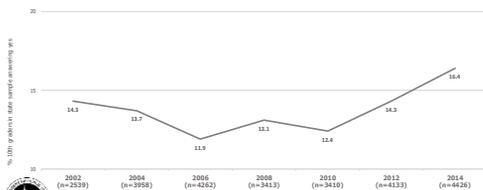
Source: Washington State Healthy Youth Survey, Askhys.net

When you feel sad or hopeless, are there **adults that you can turn to for help?**



Source: Washington State Healthy Youth Survey, 2014; Askhys.net

During the past 12 months, did you **make a plan** about how you would attempt suicide?



Source: Washington State Healthy Youth Survey, Askhys.net

Suicide Prevention Legislation Timeline

SSHB 1163 Bullying Prevention (2011)	ESHB 1336 (2013) Troubled Youth	SSB 6431 (2014)
Adds mental health and suicide prevention to the essential academic learning standards in health and fitness. RCW 28A.230.095	School counselor, psychologist, social worker, and nurse to receive suicide prevention training. RCW 28A.410.226	OSPI to assist schools in implementing youth suicide prevention activities. RCW 28A.300.288
	Issues of Abuse course content include recognition, screening, and response to emotional or behavioral distress in students, substance abuse, violence, and youth suicide. RCW 28A.410.035	
	School districts must adopt a plan for recognition, screening, and response to emotional or behavioral distress in students substance abuse, violence, and youth suicide. RCW 28A.320.127	
	Requires that each Educational Service District develop and maintain the capacity to train on youth suicide screening and referral, and student emotional and behavioral distress. RCW 28A.310.500	

Second Substitute House Bill 1163, 2011 Bullying Prevention

The legislature finds that having updated school district policies and procedures is a step in the right direction for preventing bullying, intimidation, and harassment, but more steps are needed. In addition, students' knowledge and understanding of two key correlates of bullying and harassment, depression and youth suicide, could be enhanced through instruction and assessments that address mental health and suicide prevention.

- Created a workgroup on school bullying and harassment prevention
- Introduced the OSPI Suicide Prevention Program
- Initiated updates to the essential [academic learning standards for health and fitness](#)
- [RCW 28A.230.095](#)



Engrossed Substitute House Bill 1336, 2013 Troubled Youth (continued)

Educators are not necessarily trained to address significant social, emotional, or behavioral issues exhibited by youth. Rather, best practices guidelines suggest that school districts should form partnerships with qualified primary care, behavioral health, and social services agencies to provide support. Current safe school plans prepared by school districts tend to focus more on natural disasters and external threats and less on how to recognize and respond to potential crises among the students inside the school.

- At a minimum, the plan must address:
 - Identification of training opportunities in recognition, screening, and referral for staff;
 - How to use the expertise of district staff who have been trained in recognition, screening, and referral;
 - How staff should respond to suspicions, concerns, or warning signs of emotional or behavioral distress in students;
 - Development of partnerships with community organizations and agencies for referral of students to primary care, behavioral health, and social support services, including development of at least one memorandum of understanding between the district and such an entity in the community or region;
 - Protocols and procedures for communication with parents;
 - How staff should respond to a crisis situation where a student is in imminent danger to himself or herself or others; and
 - How the district will provide support to students and staff
- A plan template is available on [OSPI's Suicide Prevention Web page](#)
- [RCW 28A.300.127](#)



Engrossed Substitute House Bill 1336, 2013 Troubled Youth

The legislature finds that a lack of information about mental health problems among the general public leads to stigmatizing attitudes and prevents people from seeking help early and seeking the best sort of help. It also prevents people from providing support to family members, friends, and colleagues because they might not know what to do. This lack of knowledge about mental health problems limits the initial accessibility of evidence-based treatments and leads to a lack of support for people with a mental health disorder from family, friends, and other members of the community.

Teachers and other school staff who interact with students daily are in a prime position to recognize the signs of emotional or behavioral distress and make appropriate referrals. School personnel need effective training to help build the skills and confidence to assist youth in seeking help. The focus on training for teachers and educational staff is intended to provide opportunities for early intervention when the first signs of developing mental health disorder may be recognized in children, teens, and young adults, so that appropriate referrals may be made to evidence-based behavioral health services.

- Suicide Prevention training requirements for school counselors, social workers, psychologists, and nurses as a condition of certification.
 - Approved programs are listed on the Professional Educator Standards Board [website](#).
 - [RCW 28A.410.276](#)
- Issues of Abuse Course for teacher certification to include suicide prevention.
 - [Syllabus for Issues of Abuse course](#) content available on the PESB website
 - [RCW 28A.410.035](#)



Engrossed Substitute House Bill 1336, 2013 Troubled Youth (continued)

The legislature intends to increase the capacity for school districts to recognize and respond to youth in need through additional training, more comprehensive planning, and emphasis on partnerships between schools and communities.

- Educational Service Districts (ESDs) develop and maintain capacity to provide suicide prevention training.
 - ESDs may offer training on a fee-for-service basis.
 - [RCW 28A.310.500](#)
- OSPI temporary task force:
 - Best practices, model programs, and successful strategies for schools to form partnerships with primary care, behavioral health, and social service agencies to coordinate and support for youth in need.
 - Task force [report](#) was submitted October 8, 2013



Substitute Senate Bill 6431, 2014 School Suicide Prevention

The legislature finds that according to the department of health, suicide is the second leading cause of death for Washington youth between the ages of ten and twenty-four. Suicide rates among Washington's youth remain higher than the national average. An increasing body of research shows an association between adverse childhood experiences such as trauma, violence, or abuse, and decreased student learning and achievement. Underserved youth populations in Washington who are not receiving access to state services continue to remain at risk for suicide.

- OSPI works with state agency and community partners to develop pilot projects to assist schools in implementing youth suicide prevention activities.
 - Technical Assistance for Schools and Educational Service Districts
 - Establish and maintain the Model Plan Template on [OSPI's Suicide Prevention Webpage](#)
 - Partnership with UW Forefront Innovations in Suicide Prevention
 - Participate in the implementation of the Statewide Suicide Prevention Plan
 - [RCW 28A.300.288](#)

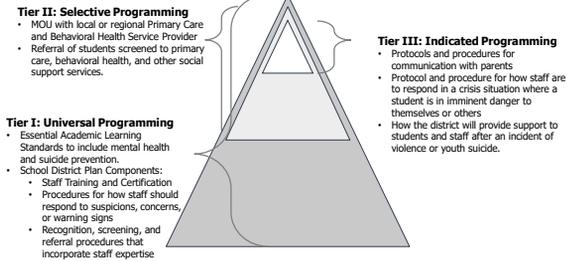


Resources and Funding

- OSPI Suicide Prevention Program
 - UW Forefront Innovations in Suicide Prevention
- Educational Service Districts
- Partnership with Department of Health [Statewide Suicide Prevention Plan Implementation](#)



Suicide Prevention through the MTSS Lens



Questions

