

MENTAL HEALTH BULLETIN

Monthly List of Resources and Trainings

Suicide Prevention

The COVID-19 era requires addressing not only pandemic-specific suicide risk factors, but also pre-pandemic risk factors. While we rely on the use of evidence-based strategies and trauma-informed practices for clinicians, we must ensure these evidence-based practices are part of a culturally inclusive crisis response system that incorporates input from those with diverse backgrounds and lived experiences.

It is thought that if implemented to scale, these interventions could significantly mitigate the pandemic's negative effects on suicide risk. Below is a list of resources on postvention efforts and to support suicide prevention.

Postvention Resources

The American Foundation for Suicide Prevention (AFSP), established in 1987, is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death. The AFSP has the following resources you may find helpful in supporting others after a loss.

[Practical information for immediately after a loss](#)

For Parents: [What to do if you're concerned about your teen's mental health](#)

[Nova Southeastern University Office of Suicide and Violence Prevention](#)

After A Suicide: Postvention for Schools
[Answering Student Questions and Providing Support](#)

[Diversity Specific Resources](#)

Grief and Recovery

This is certainly an unprecedented time. We are facing many challenges and attempting to cope with significant losses. How then can we support our students and ourselves? [The National Center for School Crisis and Bereavement](#) (NCSCB) at Children's Hospital Los Angeles is dedicated to supporting students through crisis and loss.

Contact information:

Martha.Rodriguez@fldoe.org

Phone: 850-245-0063

Prevention Resources



Preparing for Virtual School Suicide Assessment Checklist

This [checklist](#) is designed to complement the guidance offered in [Comprehensive School Suicide Prevention in a Time of Distance Learning](#) and to stimulate thinking about preparing to provide school suicide intervention via telehealth. It should not supplant, nor be a substitute for, approved school district protocols.

Guidance as well as recommendations on suicide prevention, intervention and postvention strategies are provided. The checklist also offers guidance on knowledge of a range of telecommunication options, basic telehealth competence and an appreciation of the unique challenges and opportunities of telehealth.

Training Opportunities

Suicide Prevention Resource Center



The Suicide Prevention Resource Center (SPRC) is the only federally supported resource center devoted to advancing the implementation of the National Strategy for Suicide Prevention. SPRC is funded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration. They have trainings free of cost and resources to address suicide prevention during COVID-19 and telehealth.

Preventing Suicide Contagion

National Association of School Psychologists

[Suicide Contagion and Clusters—Part 1: What School Psychologists Should Know](#), by Scott Poland, Richard Lieberman and Marina Niznik

Articles from Communiqué are a NASP member benefit. We are making this article available to the public on a temporary basis as a public service to support school mental health teams' ability to understand and prevent suicide contagion.

Mental Health Assistance Allocation Monthly Meeting “Evidence-Based Practices Series”



On December 11, 2020, at 2:00 p.m., EST, we will have our monthly MHAAP meeting, during which Robert Lucio will begin his training on “Supporting Districts in Evidence-Based Practice.”

Dr. Robert Lucio received a B.A. from the University of Florida, M.S.W. from Florida State University, and a Ph.D. in Social Work from the University of South Florida. Dr. Lucio is a licensed clinical social worker, with over 18 years of experience working directly with youth of adverse behavioral, academic and mental health outcomes. Dr. Lucio has also consulted with local school districts to enhance social workers use of evidence informed interventions and has been actively involved school behavioral health. Dr. Lucio is experienced at developing models of risk and protective factors in youth, providing trainings on cultural competence, and serving as a national panelist looking at the impact of ethnicity and ethnicity and cultural diversity on the educational outcomes for youth with disabilities for the U.S. Department of Education.

Please join as we focus on building a greater understanding, competency, skills and resources to support our students through evidence-based practices.