

## Attachment C Master Inservice Plan

### Youth Suicide Awareness and Prevention

**Maximum Points:** 5

**Minimum Points:** 3

**Target Group:**

The training is primarily designed for teachers, administrators, support staff, and other adults who have direct contact with students in middle and high school settings but is appropriate for increasing awareness of youth suicide in all K-12 instructional personnel.

**General Objective:**

The training materials are designed to increase awareness and understanding of youth suicide. This training provides K-12 instructional personnel with relevant information for supporting at-risk youth, including recognizing warning signs, protective and risk factors, and the educator's role in identifying and making appropriate referrals for students with suicidal risk.

**Specific Objectives:**

Upon completion of the 2-hour, suicide awareness training, faculty and staff will understand or be able to do the following:

- Identify suicide as one of the leading causes of death in youth between 10-24 years of age.
- Name common suicide myths.
- Recognize that suicide is preventable.
- Describe the role of risk and protective factors in preventing suicide.
- Identify common warning signs of suicide risk.
- Talk to a student displaying signs of suicide.
- Name the school-based mental health professionals who assigned to their school.
- Describe the school protocol for responding to a student with suicidal ideation or suicide threat.
- Refer a student with suicide risk to appropriate school and community mental health services.
- State, and when appropriate, share the National Suicide Prevention Lifeline (1-800-273-TALK)

**Description of Activities:**

Participants will achieve mastery of the objectives by completing the online module or staff inservice training, in its entirety, which includes the following directed activities:

1. Complete a pre-assessment.
2. Review all course-related readings and activities.
3. Read and reflect on the following articles: [The Role of High School Teachers in Preventing Suicide](#), [Fostering School Connectedness: Improving Student Health and Academic Achievement](#), and [The Relationship Between Bullying and Suicide: What we Know and What it Means for Schools](#).
4. Review at least two of the websites listed in the resource section.
5. Complete the post-assessment with at least an 80% accuracy rate.

**Evaluation:**

Participants will be required to complete a final post-assessment at the end of the module and must score a minimum of 80%.

In order to earn inservice points, participants are required to complete a follow-up activity applying what they have learned from the training.

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### Follow-up Activity:

Following successful completion of the course, participants must complete a follow-up activity designed to demonstrate application of the knowledge gained. Participants must choose from one of the following options and submit documentation of completion of the selected activity to the participant's supervisor for verification.

- Review and reflect on the three required readings. **Explain** why suicide prevention fits your role as a teacher and what you can do to help students at-risk of suicide. **Identify** one action from each of the six strategies in [Fostering School Connectedness: Improving Student Health and Academic Achievement](#) that you will commit to using with your students this year.
- Develop a portfolio of readings, activities and resources from one or more suicide prevention websites in the Resource List that can be shared with other teachers, parents, and students.
- Complete a case study using a young adult novel that deals with the issue of teen suicide. Identify risk and protective factors, warning signs, and the role of teachers, other school staff and school or community mental health professionals in supporting/or not supporting the student. Reflect on how the themes addressed in the novel apply to your school and students. This activity can be completed individually or as a part of a Professional Learning Community. For a sample of relevant young adult fiction, visit <https://litreactor.com/columns/6-ya-novels-about-suicide> or <http://stackedbooks.org/2014/08/suicide-and-depression-in-ya-discussion.html>.
- Participate in a professional learning community that meets to discuss the reflection questions provided.

Verification of successful completion of one of the follow-up activities by the participants' supervisor is required in order for a district to award the suggested number of inservice points.

### References, Resources and Websites:

School Connectedness for Teachers and Other School Staff

[http://www.cdc.gov/healthyouth/protective/pdf/connectedness\\_teachers.pdf](http://www.cdc.gov/healthyouth/protective/pdf/connectedness_teachers.pdf)

School Connectedness for School Districts and School Administrators

[http://www.cdc.gov/healthyouth/protective/pdf/connectedness\\_administrators.pdf](http://www.cdc.gov/healthyouth/protective/pdf/connectedness_administrators.pdf)

The Relationship Between Bullying and Suicide: What we Know and What it Means for Schools

<http://www.cdc.gov/violenceprevention/pdf/bullying-suicide-translation-final-a.pdf>

The Role of High School Teachers in Preventing Suicide <http://www.sprc.org/sites/default/files/resource-program/Teachers.pdf>

Preventing Suicide: A Toolkit for High Schools [http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669?WT.ac=EB\\_20120622\\_SMA12-4669](http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669?WT.ac=EB_20120622_SMA12-4669)

Youth Suicide Prevention School-based Guide <http://theguide.fmhi.usf.edu/>

After a Suicide: A Toolkit for Schools <http://www.sprc.org/resources-programs/after-suicide-toolkit-schools>

Model School District Policy on Suicide Prevention <https://afsp.org/our-work/education/model-school-policy-suicide-prevention/>

Youth Risk Behavior Survey <http://www.floridahealth.gov/statistics-and-data/survey-data/youth-risk-behavior-survey/>

2016-2020 State Plan for Suicide Prevention Florida Department of Children and Families

<http://www.dcf.state.fl.us/programs/samh/docs/Florida%20Suicide%20Prevention%20Plan%202016-2020.pdf>

American Foundation for Suicide Prevention <https://afsp.org>

Centers for Disease Control and Prevention <http://www.cdc.gov/violenceprevention/suicide/>

National Suicide Prevention Lifeline <http://www.suicidepreventionlifeline.org>

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Substance Abuse and Mental Health Services Administration (SAMHSA) <http://www.samhsa.gov/suicide-prevention>

Society for Prevention of Teen Suicide <http://www.sptsusa.org>

Statewide Office of Suicide Prevention <http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention>

Suicide Prevention Resource Center "Schools" page <http://www.sprc.org/settings/schools>

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