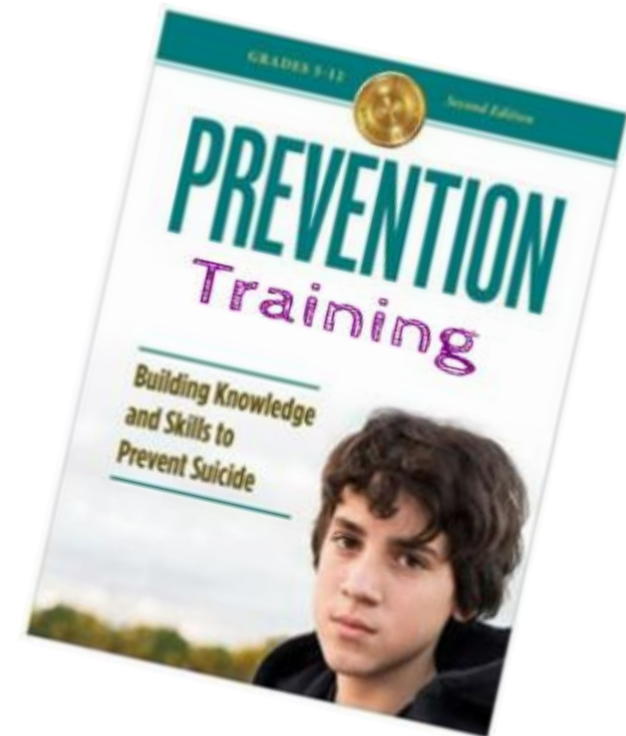




# Lifelines Suicide Prevention® Training

Mental Health Association  
of Monmouth County

An Affiliate of



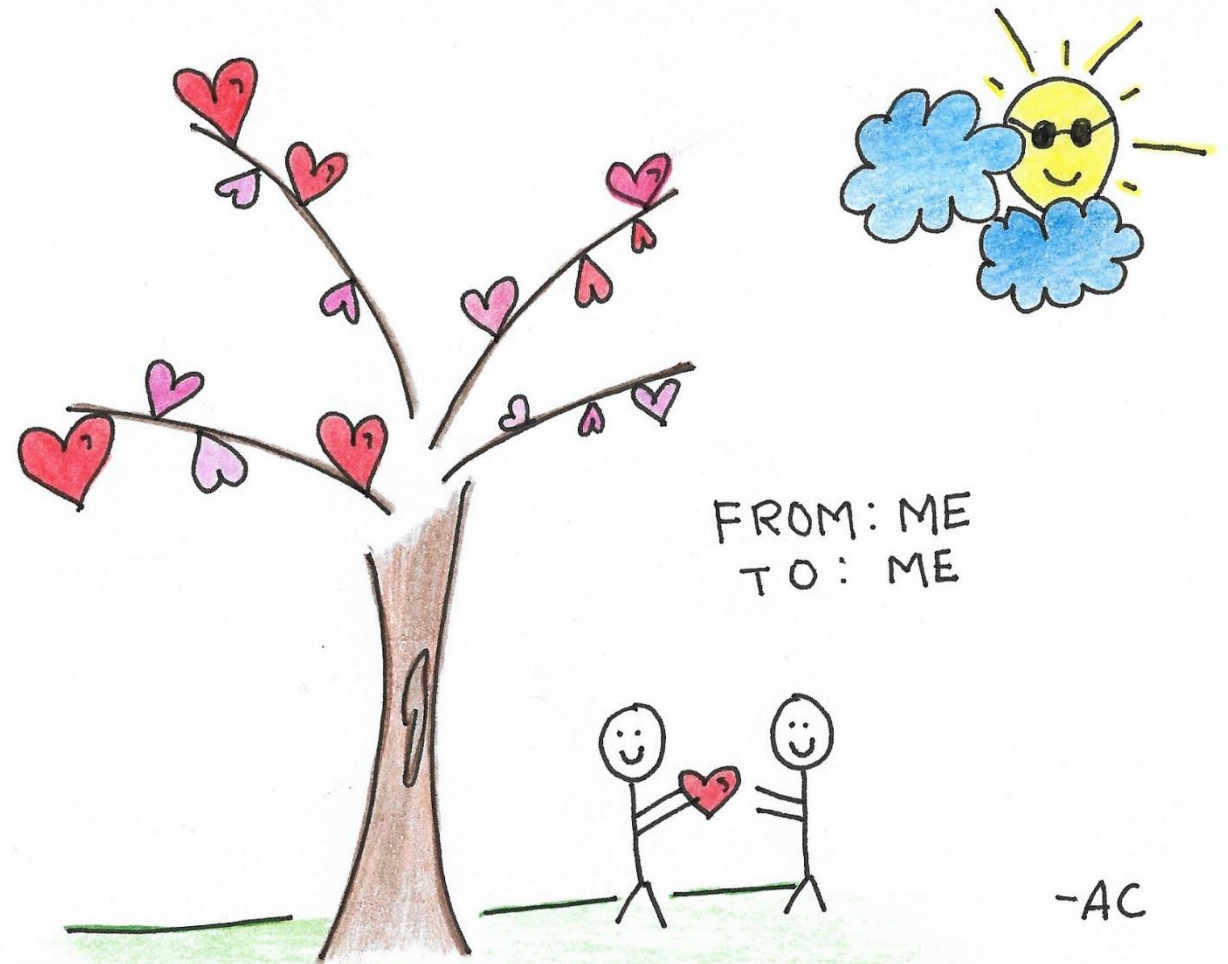


# self-love

[self-ləv] noun • *English*

---

nurturing you mind, body and soul. embracing experiences that shape you. looking in the mirror and knowing you are worthy, you are capable, you are beautiful.



one  
minute  
with

1



*Our thoughts*

**“If you could be anywhere in the  
right now instead of here, where would  
you be?”**



## *Defining suicide...*

# <sup>1</sup> **suicide** *noun*

Merriam-Webster:

**"THE ACT OR AN INSTANCE OF TAKING ONE'S OWN LIFE VOLUNTARILY AND INTENTIONALLY ESPECIALLY BY A PERSON OF YEARS OF DISCRETION AND OF SOUND MIND."**

Oxford Dictionary:

**"THE ACTION OF KILLING ONESELF INTENTIONALLY"**

Dictionary.com:

**"THE INTENTIONAL TAKING OF ONE'S OWN LIFE."**

# **5 (FIVE) Important Things School Faculty & Staff Need To Know**

- 
- 1.  
Understand** Why youth suicide prevention is important & information about suicide

---

  - 2.  
Recognize** Risk factors and behaviorally observable warning signs

---

  - 3.  
Know** Your role in the prevention process

---

  - 4.  
Understand** Why and how to make a referral

---

  - 5.  
Review** What our school is doing for youth suicide prevention, including how protective factors are enhanced
-

# Why **PREVENTION** in Schools is Important



**IMPORTANT**

**Prevention falls under the mandate to provide a safe learning environment for students**

**Youth spend most of their time in school**

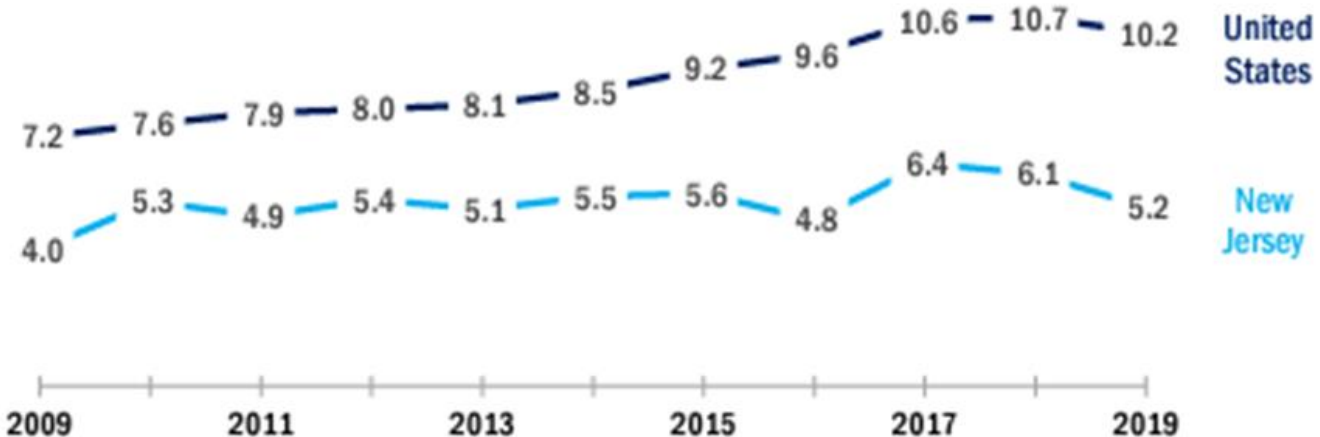
# Mental Health Disorders & Suicide

Mental health challenges are a growing concern for teens and young adults. Suicide rates among young people have also increased over the past decade.

## SUICIDE RATES

### Over the past 10 years, youth suicide rates have increased.

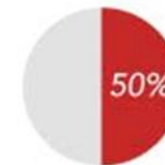
National vs. New Jersey Youth Suicide Rates Among 10-24-Year-Olds, 2009-2019; WISQARS data



45,979 Americans died by suicide making it the 12th leading cause of death.



90% of those who died by suicide had a diagnosable mental health condition at the time of their death.



### Depression

50% of those who die by suicide have experienced depression



### Anxiety

70% of those with an anxiety disorder have at least one **suicide attempt**



*Some other troubling*  
**Statistics**



**Suicide is the 2<sup>nd</sup> leading cause of death 10-24 year olds**

**The suicide rate is increasing for children from 5-11 year old**

**We have seen dramatic increases in attempts in 10-14 year old girls**



# **Prevention Works**



**IT'S OKAY  
TO HAVE  
QUESTIONS**

Is it safe to talk about suicide in the school?

I've heard that talking about suicide is just a way to get attention?

Is it really necessary to include Elementary and Middle Schools?

Does talking about suicide increase the risk for kids?



# **We're All in This Together!**

- **Board Members**
- **Administrators**
- **Faculty**
- **Staff**
- **Parents**
- **Students**
- **Community at large**

**It's not just teachers who play an important role in student's lives.**



**We ALL play a part and have a responsibility to help our kids...**




*We do that*  
BY

# UNDERSTANDING SUICIDE

**A behavioral definition puts suicide into words that are easy to understand:**

**Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills**



**THINK  
OUTSIDE  
THE  
BOX**

**Instead of thinking about suicide  
as someone wanting to die,  
Try thinking about it as someone  
not wanting to live feeling as  
badly as they do right now.**

PAIN  
ISN'T ALWAYS  
VISIBLE



# How to Spot the Warning Signs of Suicide



Mental Health Association  
of Monmouth County

An Affiliate of



LIFELINES

# FACTS!

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the **FACTS** or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person attempted suicide in the past.

## **F** EELINGS

- Expressing hopelessness about the future.

## **A** CTIONS

- Displaying severe/overwhelming pain or distress.

## **C** HANGES

- Showing worrisome behavioral cues or marked changes in behavior, including: withdrawal from friends or changes in social activities; anger or hostility; or changes in sleep.

## **T** HREATS

- Talking about, writing about, or making plans for suicide.

## **S** ITUATIONS

- Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.



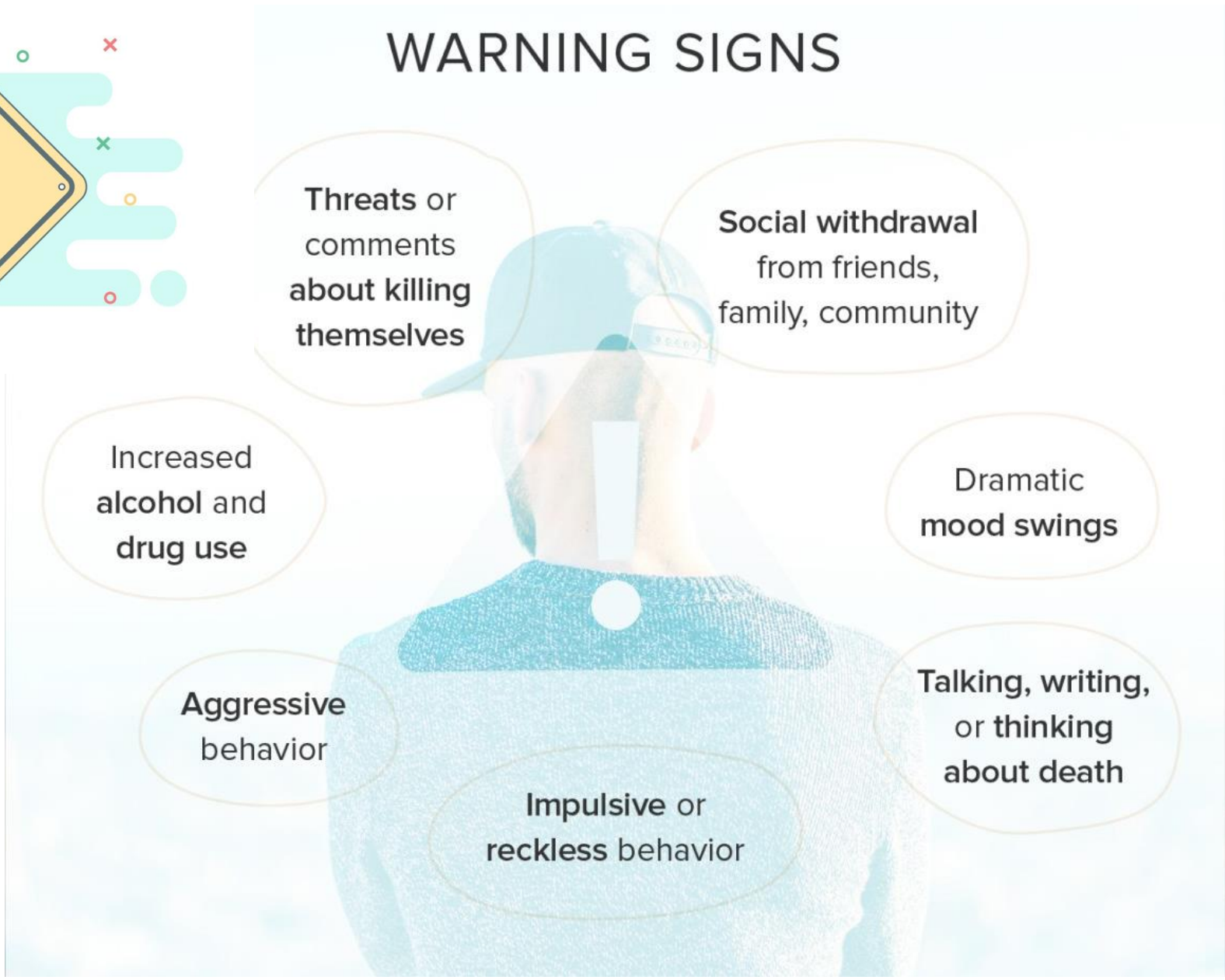
# Warning Signs of Teen Suicide

1. Changes in daily care routine
2. Preoccupation with death and dying
3. Hopelessness and apathy
4. Self-harm
5. Acting out and risk taking
6. Increase of somatic complaints
7. Changes in social engagement
8. Loss of interest in hobbies and activities
9. Affective changes
10. Difficulty dealing with severe trauma or recent loss
11. Planning behaviors
12. Verbal expressions of wanting to die



## Know the Signs

# WARNING SIGNS



Threats or  
comments  
about killing  
themselves

Social withdrawal  
from friends,  
family, community

Increased  
alcohol and  
drug use

Dramatic  
mood swings

Aggressive  
behavior

Talking, writing,  
or thinking  
about death

Impulsive or  
reckless behavior



## TALKING ABOUT SUICIDE

# LANGUAGE TO USE WHEN TALKING ABOUT SUICIDE

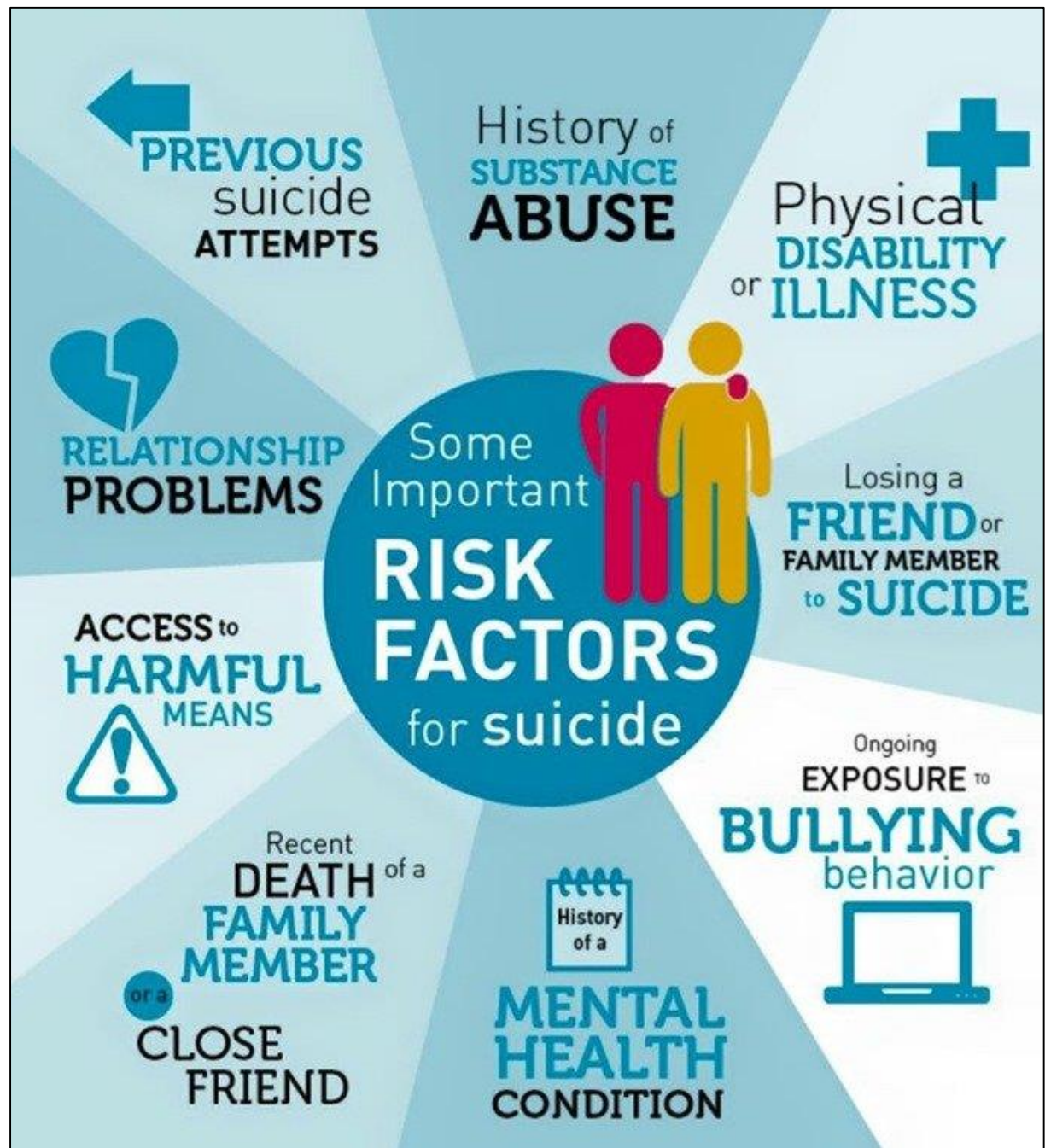
The language we use to talk about suicide is important. Below is some suggested language to use and some to stay away from when talking about suicide.

| Use  | Stay Away From...  | Reason   |
|--|--|--|
| Died by suicide<br>Suicide<br>Ended their life<br>Took their life<br>Killed themselves | Completed suicide<br>Committed suicide<br>Successful suicide | Completed suicide makes it sound like the person has accomplished something while committed make it seem like a person broke the law which comes from the time when suicide was considered a criminal act. |
| Suicide attempt<br>Attempted suicide<br>Attempted to end their life                    | Failed attempt<br>Unsuccessful attempt                       | Failed and unsuccessful make it seem like the person is a failure for not being able to kill themselves.   |



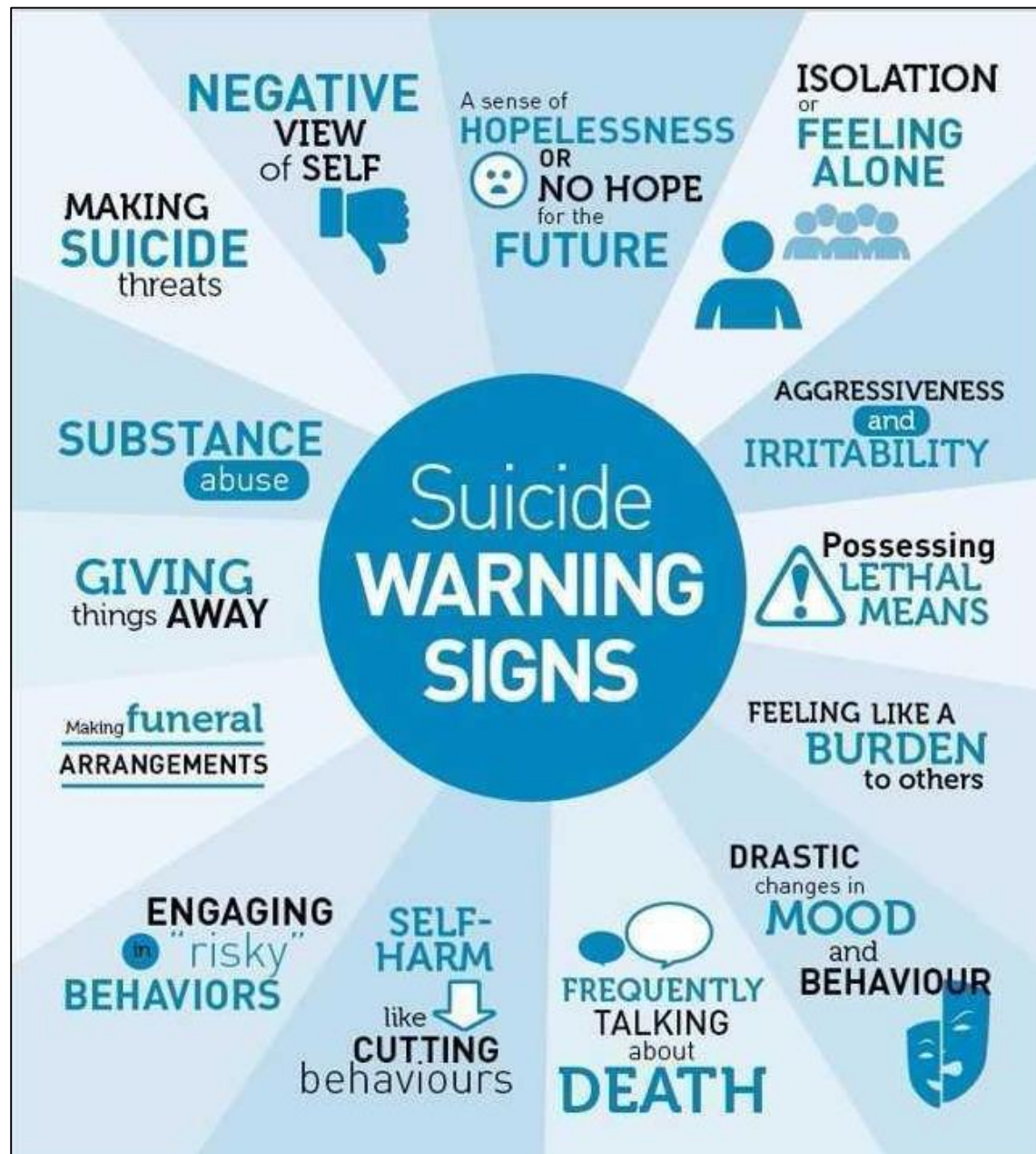
# PREVENTING SUICIDE

RISK FACTORS & WARNING SIGNS





# Warning Signs You May See in School



one  
minute  
with


1



*Our thoughts*



**“Everyone take out your . Scroll through your pictures and find one that makes you smile. What about that person, or that place, brings a smile to your face?”**



What's  
My Role

?

?

?

?

?



---



**KNOW**  
THE SIGNS

**FIND**  
THE WORDS

**REACH**  
OUT

---



# FACTS!

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning the **FACTS** or warning signs. The following signs may mean that a youth is at risk for suicide, particularly if that person attempted suicide in the past.

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## **S** ITUATIONS

- Experiencing stressful situations including those that involve loss, change, create personal humiliation, or involve getting into trouble at home, in school or with the law. These kinds of situations can serve as triggers for suicide.

# 5 Action Steps for Helping Someone in Emotional Pain



## ASK

“Are you thinking about killing yourself?”



## KEEP THEM SAFE

Reduce access to lethal items or places.



## BE THERE

Listen carefully and acknowledge their feelings.



## HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



## STAY CONNECTED

Follow up and stay in touch after a crisis.

**Asking someone directly  
if they're thinking about  
suicide won't increase  
their risk and can help**

**#Science2StopSuicide**



**American  
Foundation  
for Suicide  
Prevention**

# 3 WAYS TO ASK ABOUT SUICIDE:

#1

"I care about you – are you thinking about suicide?"

#2

"The things you've been saying make me wonder if you're thinking about suicide. Is that how you're feeling right now?"

#3

"Are things so overwhelming that you're thinking of ending your life?"



## **IF You're Worried About Someone...**

- **Listen**
- **Know your role**
- **Remember your limits**
- **Know your resources**
- **Make a warm handoff**
- **Be prepared to act immediately and don't leave the student alone – if there is immediate danger**

*There is hope.*



KNOW THE  
PROCESS FOR  
GETTING HELP

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**QUICK  
DIAL**

**988**  
**SUICIDE  
& CRISIS  
LIFELINE**

14 AM  
988  
Suicide & Crisis Lifeline  
96%

1

2  
ABC

3  
DEF

5  
JKL

6  
MNO

9  
WXYZ

0





# District Guidance Staff

**Kaci Rizzitello** - krizzitello@holmdelschools.org  
HHS Assistant Principal/Guidance Supervisor



**WILLIAM R. SATZ SCHOOL**  
Phone: 732-946-1808

**James Bruce** - jbruce@holmdelschools.org  
**Melissa Finnegan** - mfinnegan@holmdelschools.org

**INDIAN HILL SCHOOL**  
Phone: 732-946-1845

**Stephanie Jennings** - sjennings@holmdelschools.org  
**Lauren Simione** - lsimione@holmdelschools.org

**HOLMDEL HIGH SCHOOL**  
Phone: 732-946-1832

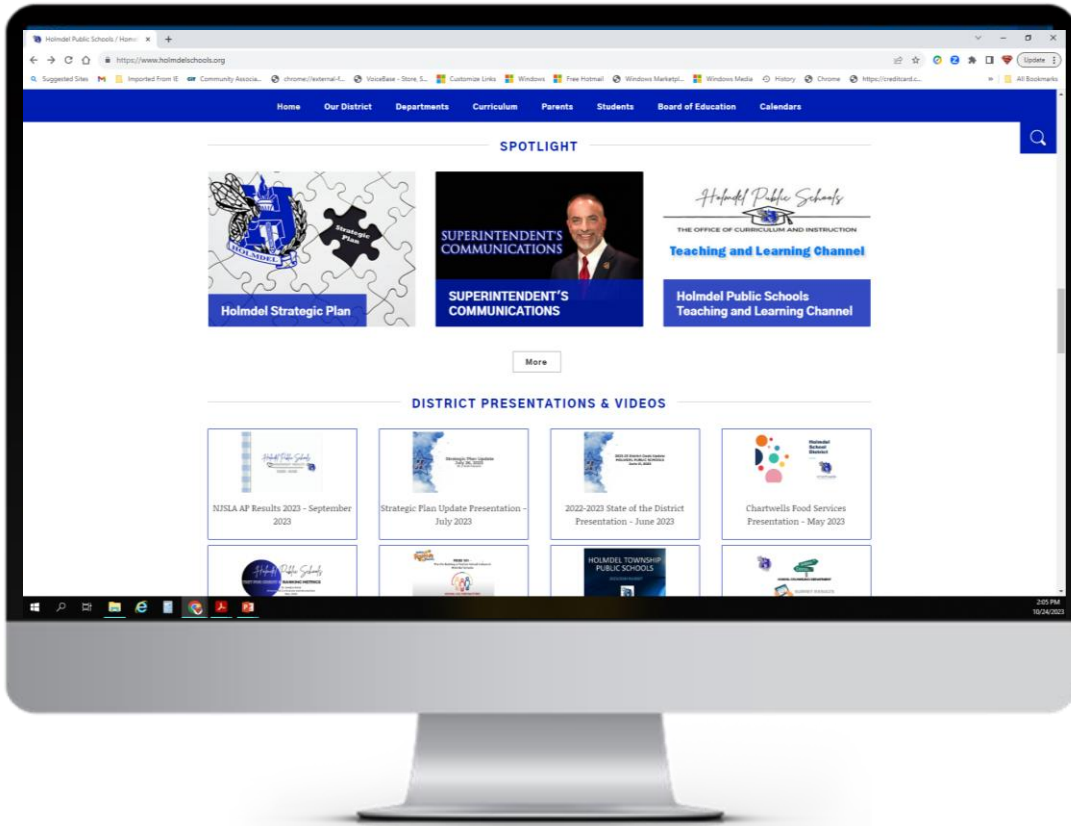
**Joseph Clores** - jclores@holmdelschools.org  
**Nicole Wilson** - nwilson@holmdelschools.org  
**Jillian Chandler** - jchandler@holmdelschools.org  
**Tracey Marasco** - tmarasco@holmdelschools.org  
**Lori Vona** - lvona@holmdelschools.org

**VILLAGE ELEMENTARY SCHOOL**  
Phone: 732-946-1820

**Christine Barbara** - cbarbara@holmdelschools.org



# DISTRICT WEBSITE



# SPOTLIGHT



[Mental Health and Wellness Resources](#)  
Link to Mental Health and Wellness Resources

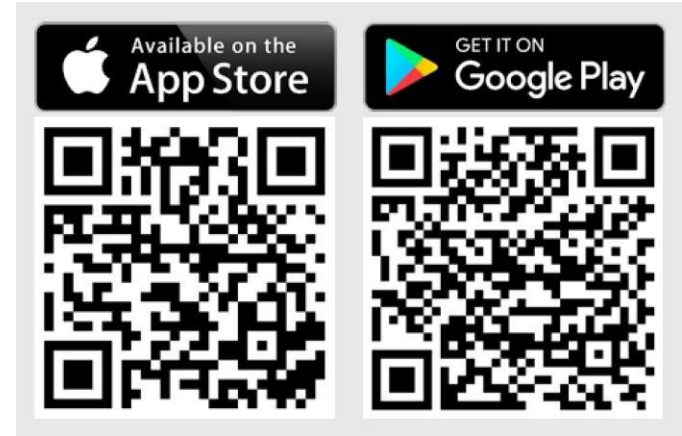
# STOPit Anonymous Reporting System™



**Our School is using STOPit**

**WITH THIS APP, STUDENTS CAN ANONYMOUSLY REPORT**

- Bullying
- Cyberbullying
- Harassment
- Violence, threats, or weapons possession
- Alcohol or drug-related issues
- Discrimination
- Mental Health Support



## How does STOPit work?

- 1 Submit a tip via mobile app, website or 24/7 phone hotline
- 2 Incident Response Center monitors and reviews your submission
- 3 School Administrators receive and act on tip submission



# what are we *doing*?



&

Mental Health Association  
of Monmouth County

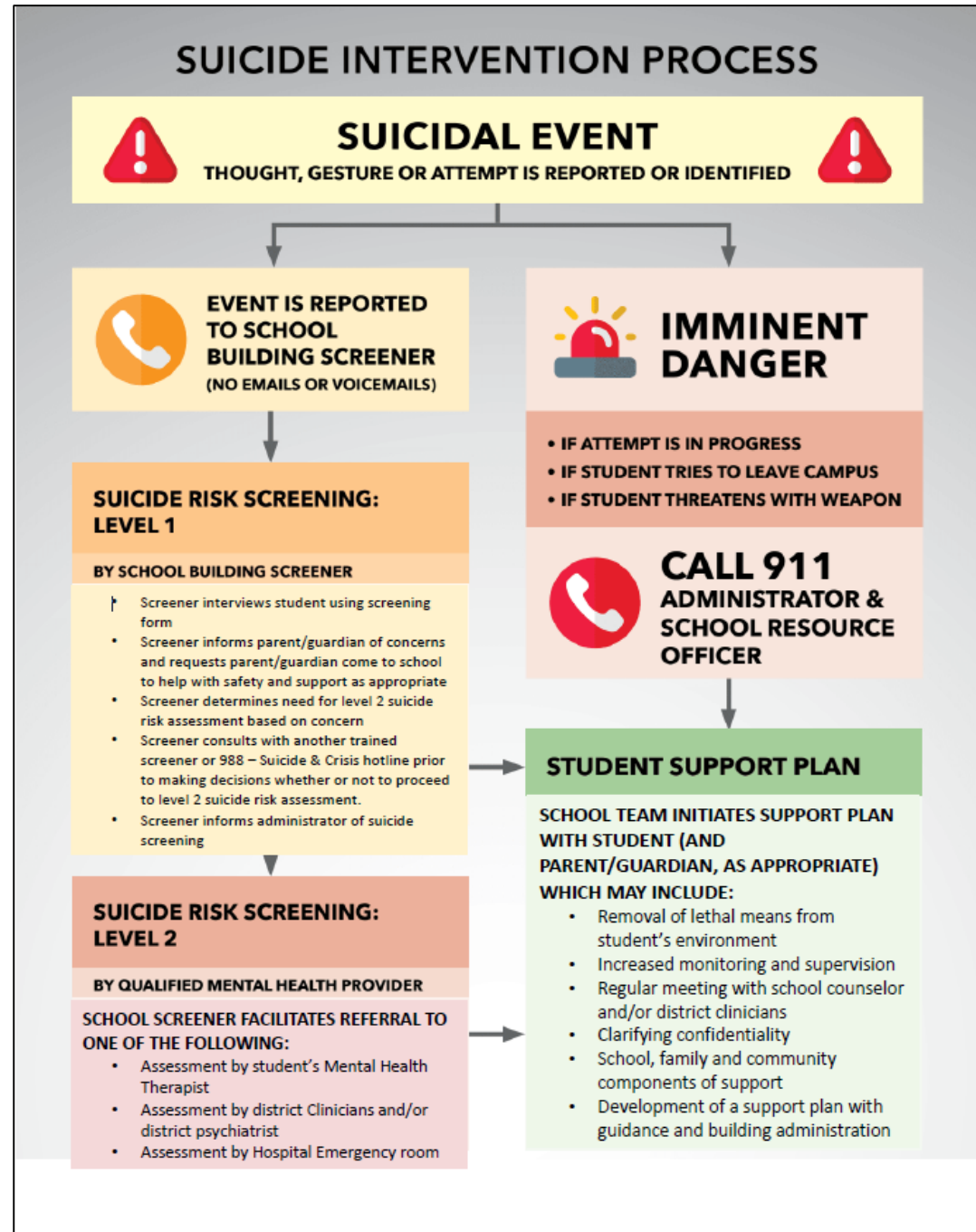
*An Affiliate of*



MENTAL HEALTH AMERICA

**partners**  
for prevention

# DISTRICT PROTOCOLS



# Columbia Suicide Severity Rating Scale (C-SSRS)

The C-SSRS is a short questionnaire that can be administered quickly in the field by responders with no formal mental health training, and it is relevant in a wide range of settings and for individuals of all ages. The website provides information about the C-SSRS, also known as the Columbia Protocol, including the history of its development and how it can be used.

**Call or text 988 or chat at 988lifeline.org**

If you or someone you know is struggling or in crisis, help is available.

Call or text [988](https://www.988lifeline.org) or chat [988lifeline.org](https://www.988lifeline.org). You'll be able to speak with a trained crisis counselor any time of day or night.

|  |            |               |
|--|------------|---------------|
| Always ask questions 1 and 2.  | Past Month |               |
| 1) Have you wished you were dead or wished you could go to sleep and not wake up?  |            |               |
| 2) Have you actually had any thoughts about killing yourself?  |            |               |
| If YES to 2, ask questions 3, 4, 5 and 6.<br>If NO to 2, skip to question 6.   |            |               |
| 3) Have you been thinking about how you might do this?   |            |               |
| 4) Have you had these thoughts and had some intention of acting on them?   | High Risk  |               |
| 5) Have you started to work out or worked out the details of how to kill yourself? Did you intend to carry out this plan?  | High Risk  |               |
| Always Ask Question 6  | Life-time  | Past 3 Months |
| 6) Have you done anything, started to do anything, or prepared to do anything to end your life?<br><i>Examples: Took pills, tried to shoot yourself, cut yourself, tried to hang yourself, or collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump, etc.</i><br>If yes, was this within the past 3 months? |            | High Risk     |



If YES to 2 or 3, seek behavioral healthcare for further evaluation.  
If the answer to 4, 5 or 6 is YES, get **immediate help: Call or text 988, call 911 or go to the emergency room.**  
**STAY WITH THEM** until they can be evaluated.

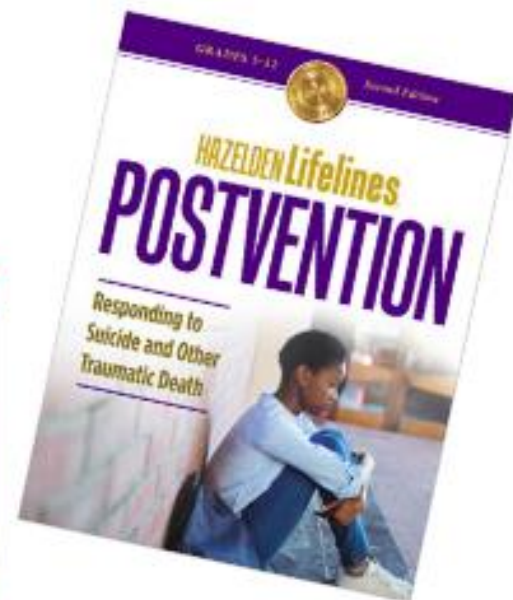
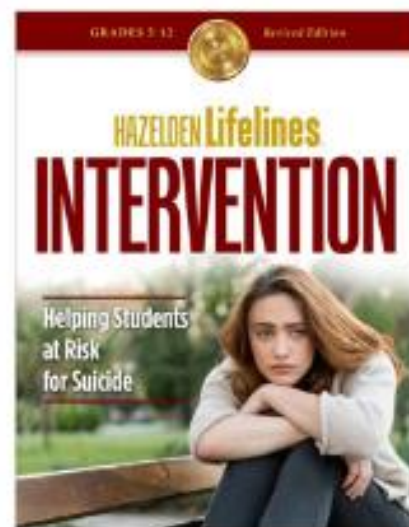
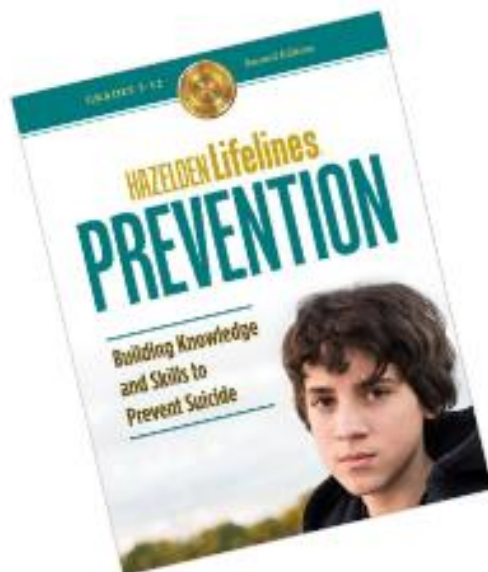


Download Columbia Protocol app

# LIFELINES

## SUICIDE PREVENTION

## Training



Meet your trainer

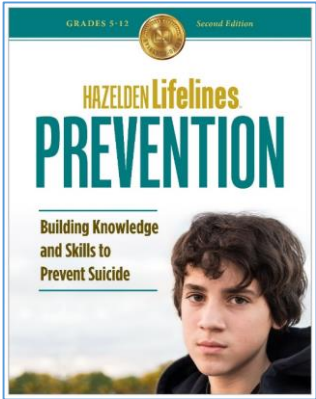
Carly Fazio LCSW,  
LCADC



**Mental Health Association  
of Monmouth County**

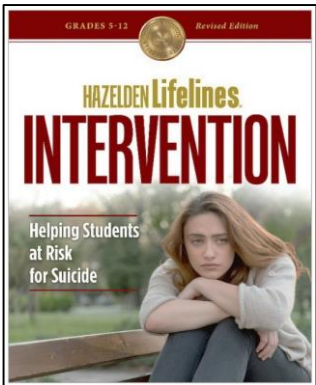
*An Affiliate of*





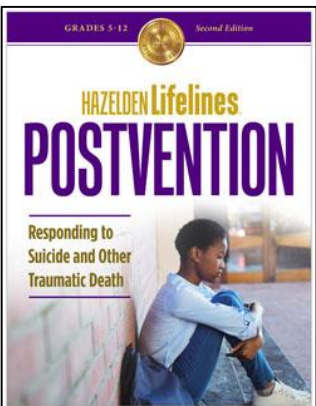
## Prevention: Building Knowledge and Skills to Prevent Suicide

For: Grades 5-12 school counselors and resource staff, school staff who will be teaching the curriculum to students (PE/Health Teachers) - **6.0 hrs.**



## Intervention : Helping Students at Risk for Suicide

For: Grades PK-12 administration, school counselors and resource staff, school nurses and others - **6.5 hrs.**



## Postvention : Responding to Suicide and Other Traumatic Deaths

For: Grades PK- 12 administration, crisis teams, key school stakeholders and community members who support the school - **6.5 hrs.**



# Our students will also be taught the Lifelines Suicide Prevention Curriculum



Grade 6: Four 45 minute sessions

Grade 7 & 8: Four 45 minute sessions  
(\*Based on the A/B schedule - students will receive instruction only once while in Satz)

Grade 11: Two 45 minutes sessions

# LIFELINES

## Prevention Curriculum 4 Principle Takeaways



**Empowering  
Students**

**Strengthening  
Social Connections**

**Affirming Help-  
Seeking**

**Knowing how to  
access in school  
resources**



# Commit to Character *Initiative*



The Six Pillars of Character®

*Live* **HOLMDEL**  
**BLUE**



**BE** Respectful  
**LIVE** Responsibly  
**UPHOLD** Fairness  
**EMBRACE** Citizenship



1. Remember your role  
(**Know** the signs, **Find** the Words & **Reach Out**)
2. Being a trusted adult doesn't mean you have to have all the answers!
3. Remember to never dismiss someone's worries or problems as unimportant or minor.
4. Teach students it is okay to ask for help
5. Be a good listener, as often as you can!

LOVE  
*yourself*



REMEMBER!

**YOU ARE  
STRONGER  
THAN YOU  
THINK**