Suicide Awareness and Prevention Parent Meeting
Welcome

Frank Harwood, Superintendent of Schools
#ZeroReasonsWhy...

...this conversation is taboo.

...there are barriers to get help.

...we can’t take action right now.

...this isn’t a community priority.

zeroreasonswhy.org
COMMUNITY CAMPAIGN

‘Zero Reasons Why’ Mobilization Campaign

JOCO School Districts & Community Leaders

- Prevent Teen Suicide
- Support Students, Parents, Health Providers
- Programs, Events, and Outreach Efforts
- September 2018 – May 2019
Suicide Awareness and Prevention Parent Meeting
GROWING THE CONVERSATION

Parents and guardians are an integral part of the conversation.

Mental health in the media

- Increase in school violence
- Increasing suicide rates
- Online bullying
- Students' presence on social media
- Increase need for support services
- Decreased availability of resources
YOUR STUDENT’S SUCCESS...
Finding the right balance

Needs across all grade levels
- Social / emotional resiliency
- Connecting students with staff they see as trusted adults
- Balancing autonomy and safety
YOUR STUDENT’S SUCCESS...
Finding the right balance

Needs across all grade levels

- Supporting their diverse views and learning styles while coaching tolerance of others
- Helping identify the positive attributes of failing
NEEDS AND TRENDS

- Teen suicides in JOCO nearly doubled in first six months of 2018

- Eight JOCO teens under 19 took their lives through November 2017. That’s two more than in 2016.

- Nationally – growing rate of attempts among girls 10 to 14 years old.
NEEDS AND TRENDS

- Increased use of lethal means
  - Firearms
  - Hanging
  - Prescription drugs

- Kansas is experiencing a decrease in acute placements to support stabilization

- 780 available placements in 2011
  - only 208 now
JASON FLATT ACT

- May 13, 2016 – Kansas Senate Bill 323 signed into law
- Kansas became the 19th State to pass the Act since 2007

The components of the Act include:
- One hour of training each calendar
- Crisis plan developed for each school building. Plans shall include:
  - Steps for recognizing suicide ideation
  - Appropriate methods of intervention
  - Crisis recovery plan
SCHOOL MENTAL HEALTH TEAMS

- Administration
- Counselor
- Social Worker
- Nurse
- Psychologist
- School Resource Officers (Shawnee PD, Lenexa PD, JOCO Sheriff's Dept.)
REFERRALS...
How the process works

Student discloses or third party identifies a student’s self-harming behavior or suicidal ideation

Student is escorted to Social Worker and/or Counselor

Risk assessment is completed to assess student’s intention, plan and access to the identified means
REFERRALS...
How the process works

Support staff contacts family
• Assessment results shared
• Community resource options discussed
• Plan of action formulated
• Parents asked to sign acknowledgement of contact
• Consent signed to share with outside source, if appropriate
• Documentation of assessment and plan/confidential
REINTEGRATION

Supporting the student’s return

- Minimize additional stress
  - Responding to peers’ questions
  - Homework management
  - Identify safe places to go if overwhelmed
  - Identify potential triggers
    - Times of the day/ path to class
    - Class discussion topics
REINTEGRATION

- Support the crisis plan developed in treatment

- Consult with treatment provider (with signed consent)

- Review other options as needed
  - Intensive Outpatient Services
  - Groups
  - Alternatives such as play therapy
COMMUNITY RESOURCES

Current Therapist
Family Physician
Johnson County Mental Health

Crisis Line
- 913-268-0156 (24-hour Emergency Services)
- 913-826-4200 (Daytime business hours)

Acute Care Facilities
- University of Kansas – Marillac Campus
- KVC Prairie Ridge Hospital
- Research Psychiatric Center
- St. Luke's Hospital of KC Crittenton
- Two Rivers Psychiatric Hospital
What can I do?

- Make time to talk with your child (while driving)
- Listen and acknowledge their worries
- Start the conversation about mental health
- Teach coping skills – help build resiliency
- Do fun things together
- Be open to therapy
- Communicate with your child's social worker, counselor, teacher
- Talk with your primary care provider
Questions?
Thank you