

# Suicide Awareness and Prevention Parent Meeting

DEBBIE GUDENKAUF, LSCSW

JOE KORDALSKI, LMSW



*Serving the Kansas  
communities of  
De Soto, Shawnee,  
Lenexa, Olathe*



*Serving the Kansas  
communities of  
De Soto, Shawnee,  
Lenexa, Olathe*

# Welcome

Frank Harwood, Superintendent of Schools

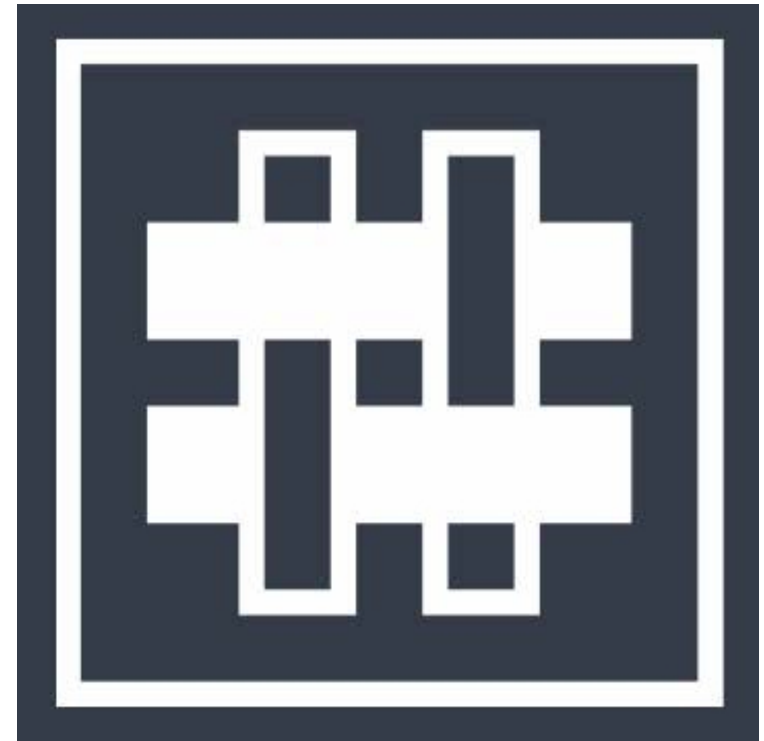
# #ZeroReasonsWhy...

*...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](https://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

DEBBIE GUDENKAUF, LSCSW

JOE KORDALSKI, LMSW



*Serving the Kansas  
communities of  
De Soto, Shawnee,  
Lenexa, Olathe*

# 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 19<sup>th</sup> 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



*Serving the Kansas  
communities of  
De Soto, Shawnee,  
Lenexa, Olathe*