

Mental Health & Suicide Prevention Training

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mdek12.org



MISSISSIPPI
DEPARTMENT OF
EDUCATION

Fall 2022



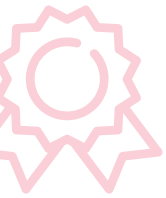
VISION

To create a world-class educational system that gives students the knowledge and skills to be successful in college and the workforce, and to flourish as parents and citizens



MISSION

To provide leadership through the development of policy and accountability systems so that all students are prepared to compete in the global community



1

ALL Students Proficient and Showing Growth in All Assessed Areas



2

EVERY Student Graduates from High School and is Ready for College and Career



3

EVERY Child Has Access to a High-Quality Early Childhood Program

EVERY School Has Effective Teachers and Leaders

4



EVERY Community Effectively Uses a World-Class Data System to Improve Student Outcomes

5



EVERY School and District is Rated “C” or Higher

6



- 6,600 deaths by suicide among the ages 10-24 in the US
- Suicide 12th leading cause of death in US
- Suicide is the 3rd leading cause of death for young people between ages 10 to 24 in MS
- Suicide is the 14th leading cause of death in MS
- The age adjusted suicide rate in 2020 was 13.48 per 100,000 individuals in the US





That is enough children to fill an entire school bus.

of Youth in Mississippi died by suicide from 2020-2021 has increased since 2017



Know the Facts

Myth: Talking about suicide or asking someone if they feel suicidal will encourage suicidal attempts

Fact: Talking about suicide with a person gives them an opportunity to express thoughts and feelings about something they may have been keeping secret

Myth: Young people who talk about suicide never attempt or die by suicide

Fact: Most talking about suicide can be a plea for help and it can be a late sign in the progression towards a suicide attempt

Myth: If a person attempts suicide and survive, they will never make a further attempt

Fact: A suicide attempt is regarded as an indicator of further attempts

Myth: Most young people thinking about suicide never seek or ask for help with their problems

Fact: Evidence shows that they often tell their school peers of their thoughts and plan

Adolescents are more likely to “ask” for help through non-verbal gestures than to express their situation verbally to others

History of Suicide Prevention in MS



2009	2017 – (HB 263)	2019 – (HB 1283)
<ul style="list-style-type: none"> • Required that teachers and principals receive suicide prevention training • MDMH selected 4 evidence-based curriculums: <ul style="list-style-type: none"> - Yellow Ribbon - Be a Link - Signs of Suicide (SOS) -Applied Suicide Intervention Skills Training (ASIST) 	<ul style="list-style-type: none"> • MDE shall require all school districts to adopt a policy on student suicide prevention and bullying. • Requires all school districts employees be trained in suicide prevention curriculum in the 2017-2018 school year. <ul style="list-style-type: none"> - Including bus drivers, cafeteria staff, custodians, nurses, teachers, administrators. - After 2017-18 school year, only new employees trained. - MDMH responsible for selecting the curriculum 	<ul style="list-style-type: none"> • Beginning in the 2019-2020 school year, MDE shall require school districts to conduct, every (2) years, refresher training on mental health and suicide prevention to all school employees and personnel (cafeteria workers, custodians, teachers, teacher assistants, and administrators) • MDMH shall develop and/or select the content of the training • School districts shall report training to MDE

Model Policy

Prevention, Intervention, Postvention

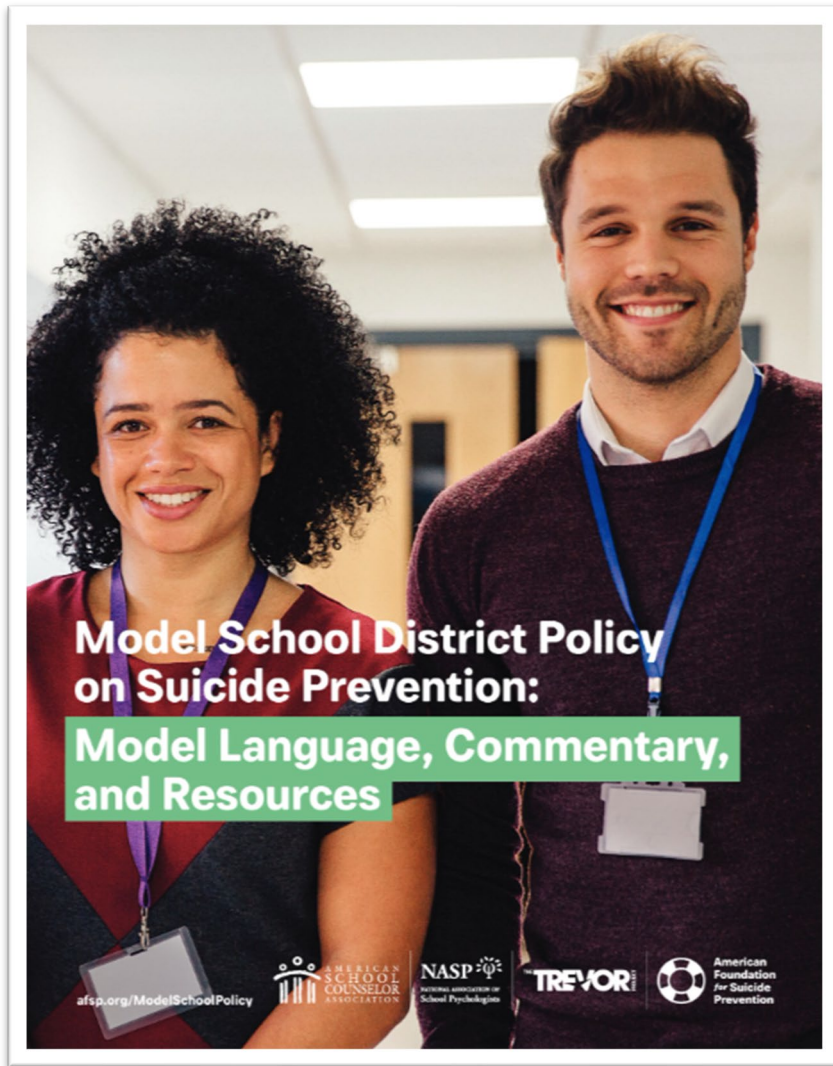
A Collaborative Model Policy Was Selected

- American Foundation for Suicide Prevention
- American School Counselor Association
- National Association on School Psychologists
- The Trevor Project



A MS Policy Template Was Developed In Consultation With

- MS School Board Association
- School and Community Stakeholders
- School-employed mental health professionals
- Suicide prevention experts



Sample Policy Website

- The superintendent appoints a suicide prevention coordinator for the district
- District must plan and implement a suicide prevention policy
- Each year, the district provides professional development on suicide policy and procedures to all staff (**Best Practice**)
- Staff at all levels are trained on mental health and suicide prevention
- Tier I – Developmentally age-appropriate youth suicide prevention curriculum
- Policy distributed annually (e.g., student and teacher handbook and school website)

If a student is identified as potentially suicidal

- School employed mental health focused professional will see student on the same day. (Mental health focus professional: Licensed Professional Counselor, Social Worker, Certified Mental Health Therapist, School Counselor, School Nurse)
- Continually supervise student at risk to ensure safety
- Contact student's parents and refer student to mental health services
- Re-entry Procedures

- Develop and Implement a Crisis Response Plan

Action Plan Steps:

1. Get the Facts
2. Assess the Situation
3. Share Information
4. Avoid Suicide Contagion
5. Initiate Support Services
6. Memorial Plans
7. Postvention as Prevention



Trainings

Mental Health & Suicide Trainings:

- The Alliance Project
- The Jason Foundation, Inc. (JFI) Staff Development Training Modules
- Making Educators Partners in Youth Suicide Prevention: Act on Facts – National Version
- Shatter the Silence: Suicide – The Secret You Shouldn't Keep
- Youth Mental Health First Aid
- Classroom WISE: Well-Being Information and Strategies for Educators



Mental Health & Suicide Trainings:

- Vector Solution (\$) (Web-based Training)

Note: To be in compliance with HB1283, all other trainings must be approved



District Guidance



- **All district and school** level employees and personnel shall be trained on mental health and suicide prevention (e.g., cafeteria workers, custodians, teachers, assistant teachers, administrators, etc.)
- It is up to the district/school to determine how the training will reach all groups of employees
- Districts may select a school specific coordinator to communicate with the District Coordinator
- Districts must select a Mental Health & Suicide Prevention Coordinator to communicate and report to MDE



Requirements

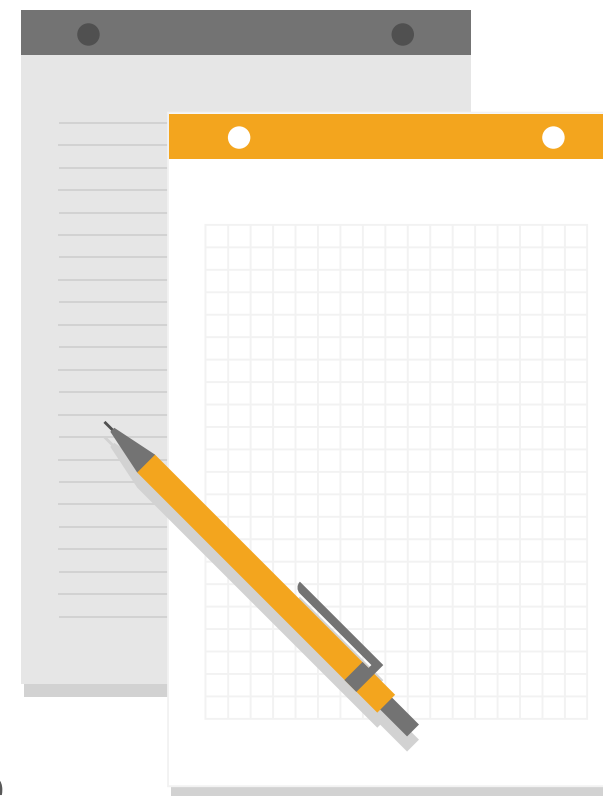


- Process Standard 17.9 (Public Schools): Mental Health and Suicide Prevention Training. Miss. *Code Ann. §§ 37-3-83 (9), 37-3-101, and 37-3-103.*
- Process Standard 14.9 (Non-Public Schools): Mental Health and Suicide Prevention Training. *Miss. Code Ann. §§ 37-3-83 (9), 37-3-101, and 37-3-103.*



- Districts must provide a signed "Assurance Form" verifying the training was conducted, how it was conducted, and what curriculum was used.
- The "Assurance Form" must be submitted by **October 31** by each district
- Trainings will be verified yearly by MDE
- Districts will maintain sign-in, agenda, and certificate verification for school staff

- For compliance with HB1283, trainings other than those recommended by the MDMH must be submitted to MDE for approval
 - Online curriculum name and information
 - Face-to-Face Training
 - Agenda
 - Learning Objectives
 - Power Point
 - Credentials of the Presenter
- The district's coordinator will send the "Assurance Form" via email to suicidementalhealth@mdek12.org



Best Practice





- Train and review the district's suicide and bullying prevention policy **yearly** with **ALL** staff
- Train short-term employees (substitute, interns, etc.) on district suicide and bullying prevention policies
- Provide mental health and suicide prevention training to **ALL** staff **yearly**
- Train new staff within 90 days of hire
- Select different training curriculums yearly or bi-yearly from the recommended training list
- Maintain fidelity to trainings

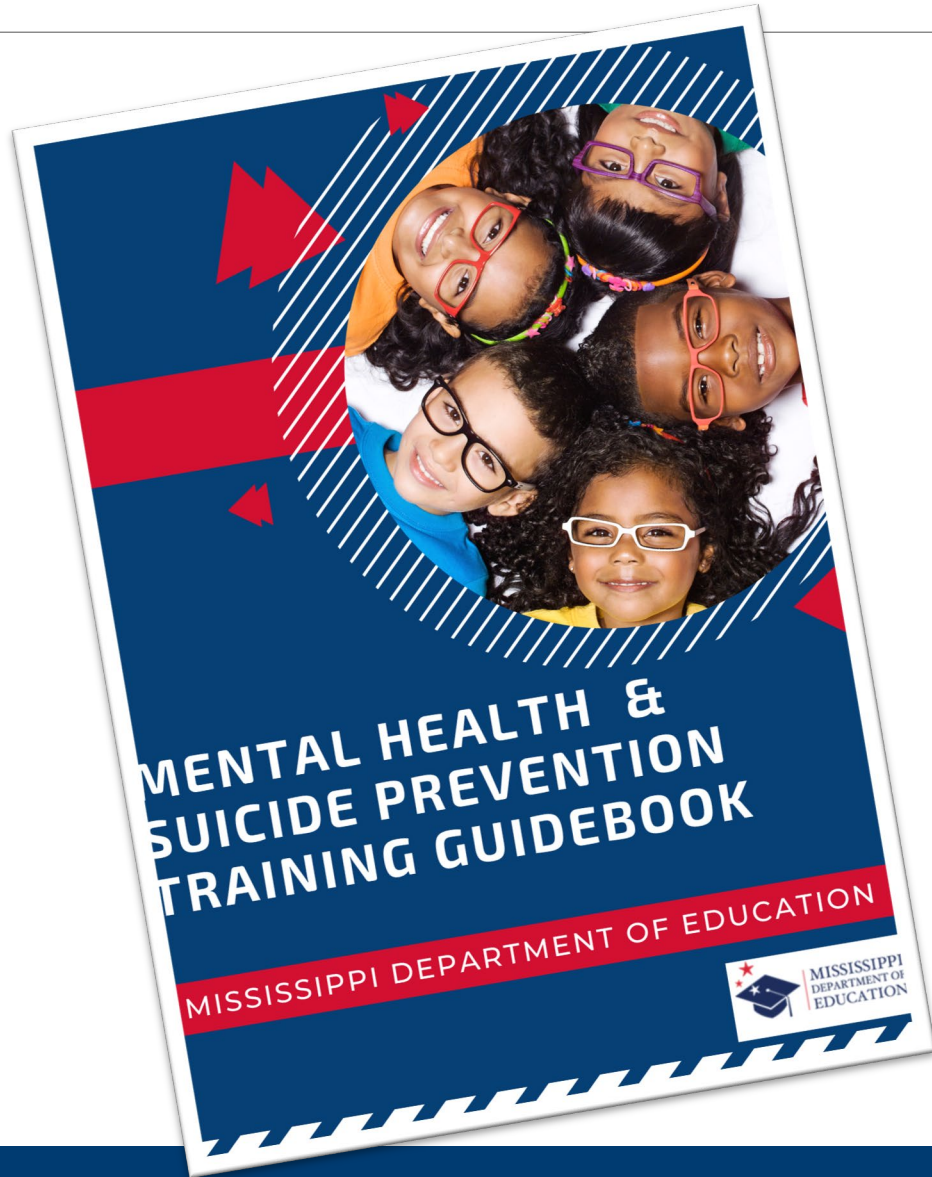


- A system in place to store training documents for monitoring
- Tier I School Counseling Program - Student Awareness or Psychoeducation on Mental Health, Suicide Prevention, and Bullying Prevention
 - Classroom Instruction
 - Age-appropriate evidence-based curriculum
 - SEL
 - Referral process

Resources

- **NEW** Mental Health [website](#)
- The Legislation-House Bills
- Mental Health and Suicide Prevention Guidebook
- Sample Bullying and Suicide Prevention Policy
- Training Power Point
- The “*Assurance Form*”
- MSDMH Website
- Much more





Student's Mental Health Matters



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