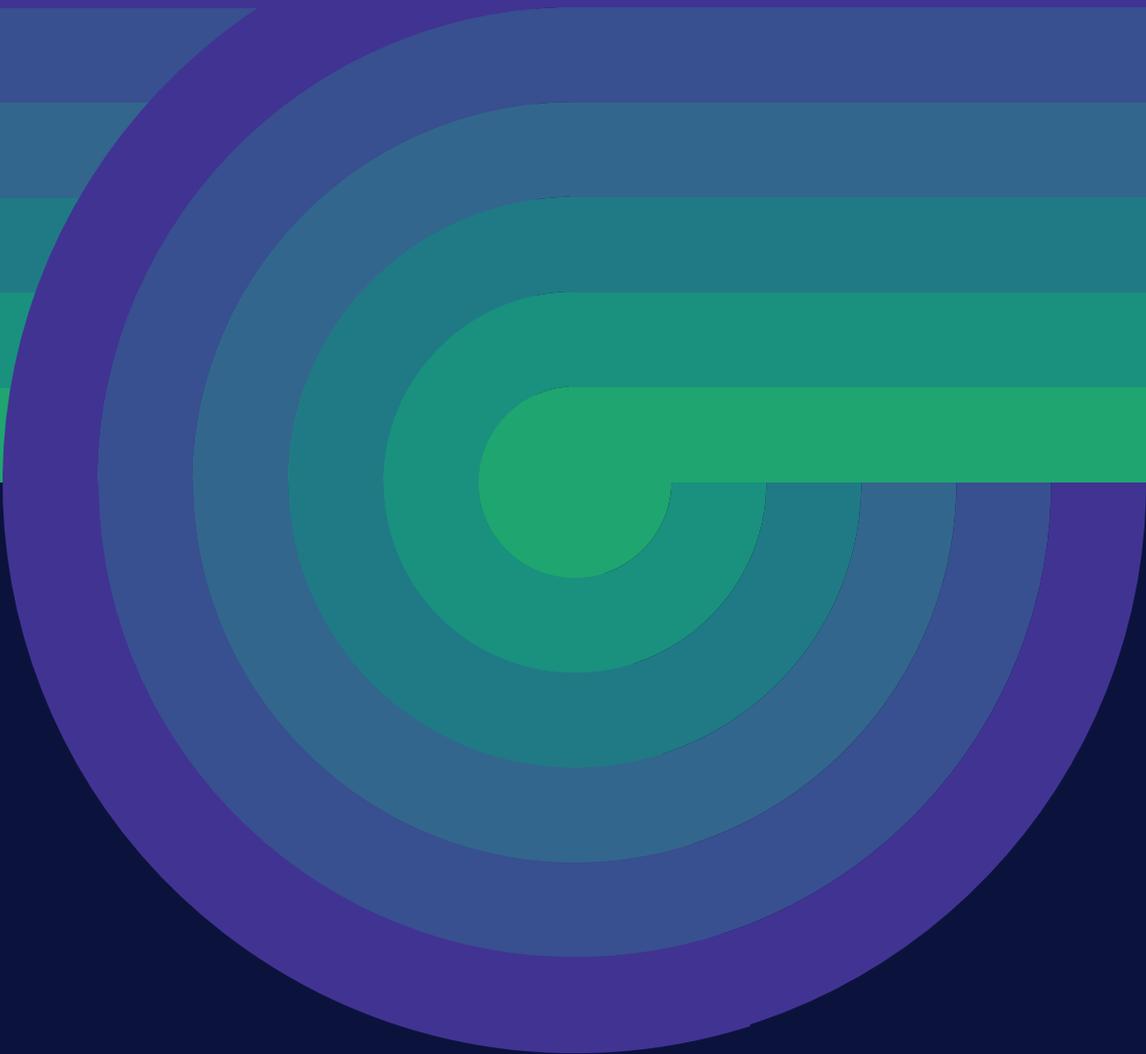




Step 1:
**Primary Self-Study
Checklist**



School Prevention UPSTREAM

Prevention

Suicide Prevention is the intentional steps your school takes to create a school culture that encourages positive coping skills, reaching out for help with mental health, and talking about suicide in a safe and healthy way.

Prevention includes:

- Mental health education for students.
- Suicide prevention training for faculty and staff.
- Mental health awareness campaigns.

Intervention

Suicide/Crisis Intervention is the intentional steps your school and its staff take in the event of a student mental health crisis.

Intervention includes:

- Safety planning.
- Parental involvement.
- Suicide screenings.
- Emergency services.

Postvention

Suicide Postvention is the intentional steps your school and its staff take after a suicide in the school community. Best practices in postvention are designed to reduce the rate of suicide contagion.

Postvention includes:

- Communication with students and parents.
- Promoting healing in your community.
- Encouraging help-seeking behaviors with students.
- Communication with the media.



Suicide Prevention, Intervention, Postvention STEP BY STEP

Step 1

- ▶ **Step 1 will help identify the areas you want to work on right away and those you'll tackle later, either in creating a plan or updating an existing plan.**

Create a small interdisciplinary workgroup to assess your school. This group should include: counselors, teachers, district and building administration, student leaders, parents, and classified staff.

Instructions

- ▶ Review seven areas that represent best practice components for suicide procedures in schools.
- ▶ Indicate whether the area is currently being addressed in your school or identified in your existing suicide prevention plan.
- ▶ Use the priority ranking system to determine immediate priority areas for your school and which priorities you want to address later.

Ranking Your Priorities

- ▶ **Priority 1:** address within a few months.
- ▶ **Priority 2:** address within this school year.
- ▶ **Priority 3:** address next school year.
- ▶ **N/A:** not a priority for your school at this time or already addressed.

Then what? After you complete Step 1, you'll get more in-depth information about your Priority 1 areas to further prioritize your next action steps.

▶ A Reminder:

In Oregon, Adi's Act requires a suicide prevention policy in every school district in Oregon. If you do not have a policy in place, adopting a policy and drafting the prevention section of your plan are recommended first priorities.

Please see www.theyouthline.org/step-by-step/ to download a PDF of this document and to utilize active links to resources and further prioritize your next action steps. **Follow the color of the highest priority section to the "Advanced Checklist."**

School Suicide Prevention Checklist: Step 1

Priority Levels:

▶ **1** (Do now) ▶ **2** (Do this year) ▶ **3** (Do next year) ▶ **N/A** (Already addressed)

	Yes/No/Unsure			Further Info.
PREVENTION ▶ Does your school currently have a suicide prevention policy and plan in place?	Yes	No	Unsure	Required by Senate Bill 52 in Oregon
INTERVENTION ▶ Do school procedures and protocols identify key people within each building who should be contacted when students have thoughts of suicide? ▶ Do staff or students know who these people are?	Yes	No	Unsure	
POSTVENTION ▶ Do you have a policy, plan with procedures, or training in place for how to handle the loss of a student to suicide?	Yes	No	Unsure	
STAFF TRAINING AND EDUCATION ▶ Have all professional and support staff received training and information on suicide prevention?	Yes	No	Unsure	Visit Section 2: Finding the Right Training - pg 34-39
STUDENT TRAINING AND EDUCATION ▶ Has a suicide prevention curriculum been chosen and implemented for students each year?	Yes	No	Unsure	Visit Section 2: Finding the Right Training - pg 40-51
FAMILY INVOLVEMENT ▶ Are procedures in place to provide information annually to parents about youth mental health and suicide?	Yes	No	Unsure	
RESOURCES ▶ Does your school have a list of community agencies and resources that could provide help and assistance to a student at risk for suicide or who is having thoughts of suicide?	Yes	No	Unsure	

Choose a section that you want to address now.

Follow the color to the Advanced Checklist section of this workbook.