



Suicide Prevention, Intervention, Postvention
STEP BY STEP

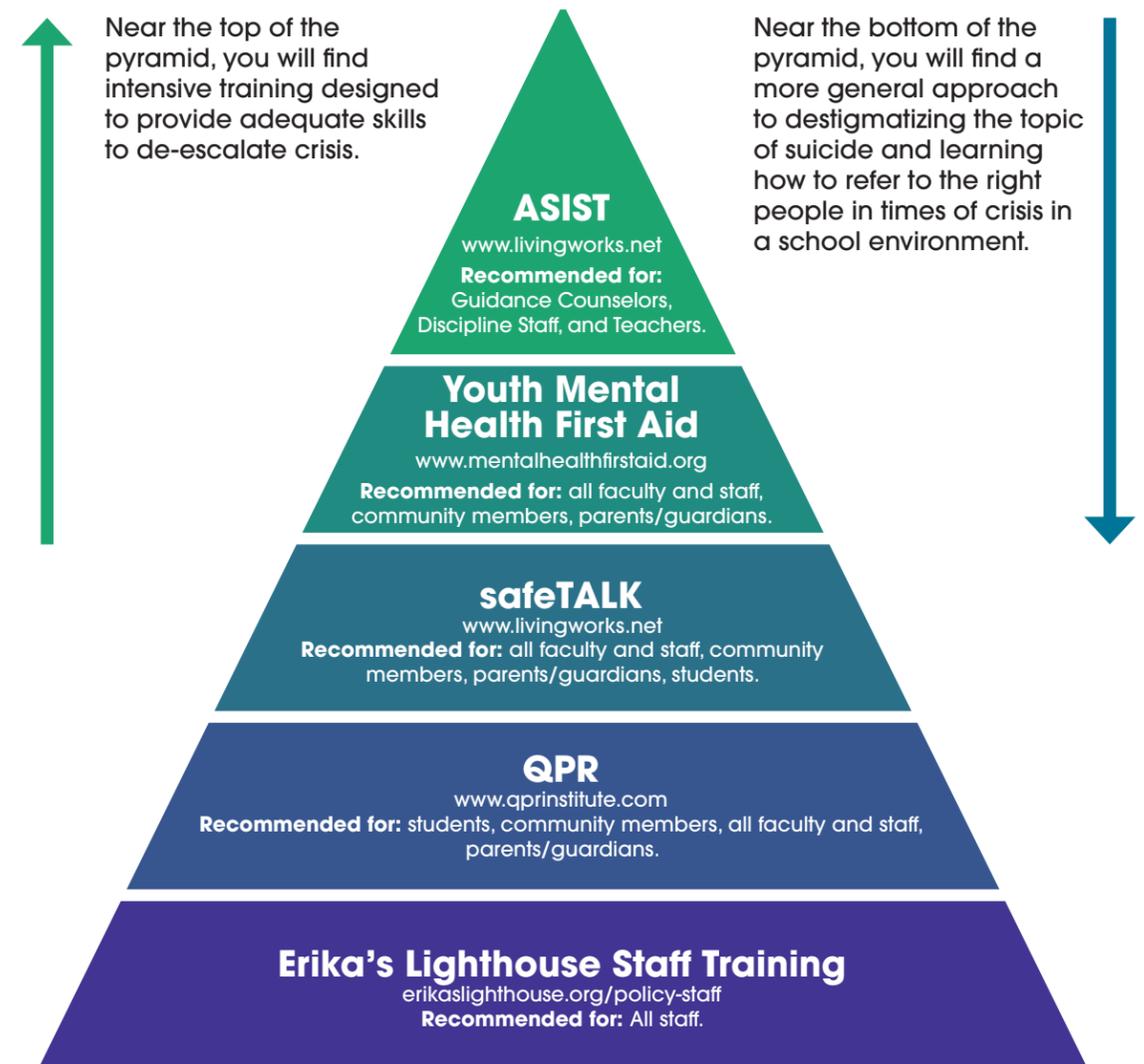
Section 2: Finding the Right Training



Section 2: Finding the Right Training

Wondering what training is right for you and your staff?

This simple chart will help you choose what suicide prevention training is the best fit for your team.





Recommended Staff Training Programs

School suicide prevention programs should train your entire school community to identify suicide risk factors and warning signs. Choosing a training program for your school or district can be challenging. Select a program that meets your school or district's needs, readiness, and climate.

A more complete list of programs can be found in the SAMHSA's Preventing Suicide: A Toolkit for High Schools (www.samhsa.gov).

NEED HELP? Mini-grants (up to \$2000) are available to help offset sub costs, training costs, or other associated costs for your district's suicide prevention efforts in Oregon. Contact: YouthLine's Statewide School Suicide Prevention Manager at SSPW@LinesforLife.org or for more information [click here](#).

Program/ Training

Why this Training?

ASIST: Applied Suicide Intervention Skills Training

16 hrs.
2 DAYS

- ▶ Identify and respond to people at immediate risk of suicide.
- ▶ Provide suicide first aid and intervention to students when high risk or having thoughts of suicide.
- ▶ Practice these skills in group and one on one interventions.
- ▶ Composed of lectures, small group discussions, and interactive exercises.

For more information: www.livingworks.net/training/livingworks-asist

Program/ Training

Why this Training?

Youth Mental Health First Aid

8 HRS.
1 DAY

- ▶ Assess risk of suicide or self-harm.
- ▶ Differentiate between typical adolescent behavior and signs/symptoms that a person may be developing a mental health disorder or experiencing a mental health crisis.
- ▶ Support youth in crisis.
- ▶ Develop crucial non-judgmental listening skills.
- ▶ Encourage youth to seek appropriate professional resources.
- ▶ Help youth help themselves.

For more information: www.mentalhealthfirstaid.org/population-focused-modules/youth

The following notes apply to asterisks within Section 2. Finding the Right Training, pages 32-52.

*Gatekeeper training: programs that provide skills to identify those at risk for suicide and initiate crisis intervention.

**Cost is estimated at the time of publication.

Audience

Cost** (Varies By Trainer)

Gatekeeper Training*

- ▶ Principals
- ▶ School counselors
- ▶ Identified natural connectors with students (i.e., deans, assistant principals, SROs)
- ▶ School nurses

- ▶ Varies by trainer and agency
- ▶ Oregon counties often offer FREE Trainings

Audience

Cost** (Varies By Trainer)

Gatekeeper Training*

- ▶ Department chairs in a school
- ▶ Interested teachers and support staff

- ▶ Varies by trainer/agency, \$30-\$170/person

RECOMMENDED STAFF TRAINING PROGRAMS (CONTINUED)

Program/ Training	Why this Training?
<p>Suicide Alertness for Everyone (safeTALK)</p> <p>4 HRS. 1 SESSION</p>	<ul style="list-style-type: none"> ▶ Become Suicide Aware. ▶ Identify when a person may have thoughts of suicide. ▶ Apply TALK steps, including: <ul style="list-style-type: none"> ▶ Ask about suicide. ▶ Listen. ▶ Connect a person with suicidal thoughts to appropriate support.
For more information: www.livingworks.net/training/livingworks-safetalk	
Program/ Training	Why this Training?
<p>QPR for School Health Professionals, Youth Workers, Mentors, and Advocates</p> <p>1-2 HRS. 1 SESSION</p>	<ul style="list-style-type: none"> ▶ Learn how to recognize early warning signs. ▶ De-stigmatize asking about suicide. ▶ Persuade youth to accept help. ▶ Identify appropriate resources and help youth access needed services.
For more information: QPRinstitute.com	
Program/ Training	Why this Training?
<p>Erika's Lighthouse - Staff Training</p> <p>30-120 MINUTES BASED ON PREFERENCE</p>	<ul style="list-style-type: none"> ▶ Prepare staff to be a trusted adult and ally. ▶ Learn signs and symptoms of depression and suicide. ▶ Build understanding of how to foster a supportive environment. ▶ Overview of self-care as a necessary part of providing care for others.
For more information: erikaslighthouse.org/policy-staff	

Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ Community members ▶ Students 15+ ▶ Teachers ▶ All Student Resource Officers ▶ Non-certified staff 	<ul style="list-style-type: none"> ▶ Varies by trainer/agency, \$175-\$350/person
Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ Students ▶ Family ▶ Community members ▶ All staff 	<ul style="list-style-type: none"> ▶ \$89/person
Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ Teachers 	<ul style="list-style-type: none"> ▶ Free

RECOMMENDED STAFF TRAINING PROGRAMS (CONTINUED)

Program/ Training	Why this Training?
<p>It's Real: Teens and Mental Health</p> <p>17 MIN.</p>	<ul style="list-style-type: none"> ▶ Increase awareness for youth suicide. ▶ Better understand: <ul style="list-style-type: none"> ▶ What puts teens at risk for suicide. ▶ Available treatment options. ▶ How to identify at risk students. ▶ 17 minute-film and facilitator's guide.
For more information: www.afsp.org/itsreal	
Program/ Training	Why this Training?
<p>Making Educators Partners in Youth Suicide Prevention: ACT on FACTS</p>	<ul style="list-style-type: none"> ▶ Addresses the responsibilities of educators in identifying and referring potentially suicidal youth. ▶ Various training formats (lecture, Q & A with content experts, role plays). ▶ Highlights 4 categories of youth who may be at elevated risk for suicide (bullying, LGBTQ+, gifted, and youth reintegrating back to school after an attempt).
For more information: www.sptsusa.org/school-staff/programs-services	
Program/ Training	Why this Training?
<p>POSTVENTION (after a suicide) CONNECT</p> <p>6 HRS.</p>	<ul style="list-style-type: none"> ▶ Coordinate a comprehensive and safe approach after a suicide. ▶ Better understand grief around suicide. ▶ Understand appropriate memorial activities and safe communication/messaging. ▶ Help stakeholders respond to a suicide in a coordinated and comprehensive way.
For more information: www.theconnectprogram.org/available-services	

Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ Teachers ▶ Counselors ▶ School Nurses 	<ul style="list-style-type: none"> ▶ Varies by location ▶ Facilitator materials: Free
Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ Students ▶ Family ▶ Community members ▶ All staff 	<ul style="list-style-type: none"> ▶ Offered by The Society for the Prevention of Teen Suicide. ▶ Free
Audience	Cost** (Varies By Trainer)
<p>Gatekeeper Training*</p> <ul style="list-style-type: none"> ▶ School Administrators ▶ Principals ▶ Counselors 	<ul style="list-style-type: none"> ▶ \$3000/cohort 30 participants. ▶ Counties often offer Free trainings.



Recommended Elementary School Student Curriculum

Elementary Upstream Suicide Prevention

Life skills, including social-emotional and wellness learning, are a key protective factor for suicide and include critical thinking, stress management, conflict resolution, problem-solving, and coping skills. Activities that enhance these skills can help youth as they face new challenges. (Cost is estimated at the time of publication.)

Program/ Curriculum	Overview	Time frame
Sources of Strength 	<ul style="list-style-type: none"> Upstream, strengths-based suicide prevention program. Use of peer-to-peer networks to identify/ elevate individual and community assets. Builds a community of strength through youth-adult partnerships and strategic messaging campaigns that use student voice, art, music, and activities. Empowers young people as agents of change and connectors to help. 	<ul style="list-style-type: none"> 4-6 hour in-person Adult Advisor training (3.5 hours virtual) 4-6 hour in-person Peer Leader training (3 hours virtual) Multi-year implementation cycle

For more information: sourcesofstrength.org

Program/ Curriculum	Overview	Time frame
Second Step 	<ul style="list-style-type: none"> Builds foundation for a positive, inclusive culture by developing social-emotional competencies for: <ul style="list-style-type: none"> perspective-taking, empathy, processing emotions, understanding and resolving conflicts, and building positive relationships. Includes songs, photos, and videos that add fun and variety. Spanish materials are included through Grade 3. Research/evidence-based. 	<ul style="list-style-type: none"> 22 to 25 Lessons comprising 4 Units of activity Lessons range from 20-40 mins depending on grade level

For more information: secondstep.org/elementary-school-curriculum

To further your understanding and support of upstream suicide prevention at the elementary school level please contact:

YouthLine Statewide School Suicide Prevention Manager at SSPW@linesforlife.org.

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Evidence-based for suicide prevention Evidence-informed for bullying, violence, and substance abuse prevention Strong equity lens - effective in diverse school settings 	<ul style="list-style-type: none"> Team of Adult Advisors Peer Leaders 	<ul style="list-style-type: none"> Curriculum: \$375/\$750 Staff training: Starting at \$1,250

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Easy to teach, adapt, and scale Online training Additional resources for educators Family communications Offers two different ways to deliver curriculum 	<ul style="list-style-type: none"> Teacher facilitated Digital or In Person Options 	<ul style="list-style-type: none"> Single school, 1 year program ranges from \$2,778.00 – \$4,383.00

ELEMENTARY SCHOOL CURRICULUM (CONTINUED)

Program/ Curriculum	Overview	Time frame
Kelso's Choice 	<ul style="list-style-type: none"> ▶ Focused on resolving conflict. ▶ Teaches youth peace-making skills. ▶ Allows youth autonomy and using choices. ▶ The nine solutions paired with strong visuals and body movements make the lesson easy to grasp for young, developing minds. 	<ul style="list-style-type: none"> ▶ Basic programming is 23 lessons ▶ 16 additional reinforcement activities for review and reinforcement ▶ Each lesson fits into an allotted 15-45 minute time span

For more information: kelsoschoice.com

Program/ Curriculum	Overview	Time frame
Character Strong 	<ul style="list-style-type: none"> ▶ Toolkit designed to develop character support and social-emotional learning. ▶ Skill-building approach to self-awareness and management. ▶ Character development for respect, humility, patience, and kindness. ▶ Designed by veteran teachers, school counselors, and play therapists. 	<ul style="list-style-type: none"> ▶ Toolkit supports several activities and resources that can be used individually or integrated into playground activity and other lessons.

For more information: characterstrong.com

Program/ Curriculum	Overview	Time frame
Sanford Harmony 	<ul style="list-style-type: none"> ▶ Social-emotional learning program for Pre-K to 6th grade. ▶ Explores healthy communication and problem-solving. ▶ Fosters healthy identities and attitudes. ▶ Focus on creating meaningful relationships. 	<ul style="list-style-type: none"> ▶ Lessons integrate family, staff, and community ▶ Lessons range from 20 to 30 minutes

For more information: harmony-academy.org

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Engages auditory, visual, and kinesthetic learning ▶ Flexible lessons ▶ Experiential moments ▶ Key Message: Every student can make good choices, and every student can make the choice that fits them best. 	<ul style="list-style-type: none"> ▶ Teacher or School Counselor facilitated 	<ul style="list-style-type: none"> ▶ Conflict Management Core Curriculum Kit + Digital \$924.90 ▶ Classroom DVDS \$95.95/DVD ▶ Additional Kelso's Choice curriculum available with up to date pricing on website

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Holistic approach ▶ Flexible and adaptive ▶ Integrates parents and staff into curriculum 	<ul style="list-style-type: none"> ▶ Teacher or School Counselor facilitated 	<ul style="list-style-type: none"> ▶ Starting at \$2,999 with an annual renewal fee of \$1,999

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Flexible Pacing Plans ▶ On-demand, live online, and live webinar training ▶ SEL Professional Development 	<ul style="list-style-type: none"> ▶ Teacher facilitated with options for in person or online 	<ul style="list-style-type: none"> ▶ Free



Recommended Middle School Student Curriculum

Suicide Prevention and Related Mental Health Issues

Suicide prevention programs involving students can help reduce the risk of suicide when combined with strategies like staff training and protocols. Involving students in your suicide prevention strategy is a key factor in supporting and promoting mental health and wellness. Below is a vetted list of curriculum. Select a program that meets your school district needs, readiness, and climate. (Cost is estimated at time of publication.)

Program/ Curriculum	Overview	Time frame
Look, Listen, Link 	<ul style="list-style-type: none"> Define stress and anxiety; identify causes and symptoms in self and others; demonstrate healthy coping skills. Understand facts about teen depression; recognize symptoms in a friend. Name adult resources to go to for help. Demonstrate 3 skills: Look, Listen, and Link. 	<ul style="list-style-type: none"> 1-3 hour teacher training (encouraged, but not required) Four 45 minute lessons

For more information: crisisconnections.org/get-training/school

Program/ Curriculum	Overview	Time frame
SOS (Signs of Suicide) 	<ul style="list-style-type: none"> Recognize symptoms of depression and suicide in self and others. Raise awareness among teachers and parents with prepared presentations. 	<ul style="list-style-type: none"> Three 45 minute classroom lessons (1 ½ hours total) 1 Hour Staff Presentation 1 Hour Parent Presentation

For more information: mindwise.org/sos-signs-of-suicide

► For schools and teachers in Oregon, YouthLine offers an in-service training to certify teachers to teach the YouthLine mental health classroom lessons.

This training, titled "Building Resiliency and Understanding," helps teachers address challenging classroom scenarios with mental health curriculum by reviewing and responding to the internal and external factors teachers may face when having tough conversations with students.

This in-service training also prepares teachers to present the YouthLine lessons in their school. This training and the lesson plans provided will prepare teachers to utilize best practices in mental health education in their own classrooms.

More information can be requested at: YouthL@linesforlife.org

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Based on research about middle school learners. Curriculum authors relied heavily on feedback from Washington State middle school teachers and middle school aged youth leaders. Curriculum was beta tested with students from two culturally diverse seventh grade health classrooms in Washington State. 	<ul style="list-style-type: none"> Teachers 'Frequently Asked Questions' answers included in curriculum materials 	<ul style="list-style-type: none"> \$250

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Evidence-based Includes screening tool for depression and related suicide risk factors to complete for self or child. 	<ul style="list-style-type: none"> Teachers Teacher Training included in curriculum materials 	<ul style="list-style-type: none"> \$500/year

MIDDLE SCHOOL CURRICULUM (CONTINUED)

Program/ Curriculum	Overview	Time frame
YouthLine Classroom Outreach 	<ul style="list-style-type: none"> ▶ Complement existing health curriculum. ▶ Normalize help-seeking behavior instead of struggling alone. ▶ Destigmatize mental health and substance use challenges. ▶ Identify a personalized safety net of trusted adults and community resources. ▶ Lessons meet Oregon Department of Education Health Standards for Analyzing Influences, Accessing Information, Self-Management, Advocacy, Decision Making, Goal Setting, Interpersonal Communication. 	<ul style="list-style-type: none"> ▶ Choice of 45 to 90 minute classroom presentations ▶ One time guest presentations

For more information: www.theyouthline.org/classroom-lessons

Program/ Curriculum	Overview	Time frame
Sources of Strength 	<ul style="list-style-type: none"> ▶ Promote mental wellness school wide via trained advisors and youth peer leaders. ▶ Engage whole school community in creation of unique messaging tools. 	<ul style="list-style-type: none"> ▶ 6 hour training for advisors ▶ 4 hour training for peer leaders ▶ 3-6 months for program implementation

For more information: sourcesofstrength.org

Program/ Curriculum	Overview	Time frame
Lifelines 	<ul style="list-style-type: none"> ▶ Learn about suicidal behavior. ▶ Recognize personal role in suicide prevention. 	<ul style="list-style-type: none"> ▶ Four 45 minute or two 90 minute lessons ▶ 1 ½ hour staff training ▶ 1 ½ hour parent presentation

For more information: **Hazelden Lifelines Trilogy**

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Peer Led Discussions ▶ Lessons for: <ul style="list-style-type: none"> ▶ Coping with Stress ▶ Understanding Bullying ▶ Under Pressure ▶ Teen Decision Making ▶ Let's Talk: YouthLine 	<ul style="list-style-type: none"> ▶ YouthLine staff and volunteers 	<ul style="list-style-type: none"> ▶ Free

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Evidence-based ▶ Peer Leader Program Includes peer to peer interaction ▶ Peer-based school-wide branding and messaging ▶ Successful use in diverse/underserved communities 	<ul style="list-style-type: none"> ▶ Teachers ▶ Peer Leaders 	<ul style="list-style-type: none"> ▶ \$6,000 Standard Program Implementation ▶ \$750 Annual Licensing fee

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Evidence-based ▶ Lifelines curriculum has three components: <ul style="list-style-type: none"> ▶ Prevention ▶ Intervention ▶ Postvention 	<ul style="list-style-type: none"> ▶ Teachers/Guidance Counselors ▶ Teacher Training included ▶ Interactive teaching techniques, role-play 	<ul style="list-style-type: none"> ▶ Trilogy: \$545.00 ▶ Prevention: \$295.00 ▶ Intervention: \$195.00 ▶ Postvention: \$155.00 ▶ Can be purchased and used separately



Recommended High School Student Curriculum

Involving students in your suicide prevention program can help reduce the risk of suicide, especially when combined with strategies like staff training and protocols. (Cost is estimated at the time of publication.)

Program/ Curriculum	Overview	Time frame
Response: High School-Based Suicide Awareness Program 	<ul style="list-style-type: none"> Gain awareness about suicide prevention, depression, and suicidal ideation. Discover barriers that interfere with getting help. Help a friend. Improve identification and referral process for at-risk students. 	<ul style="list-style-type: none"> Four 1 Hour classroom lessons (4 hours total) 2 Hour Staff Training 1 Hour Parent Training

For more information: mentalhealthinstruction.org

Program/ Curriculum	Overview	Time frame
It's Real: Teens and Mental Health 	<ul style="list-style-type: none"> Raise Awareness for Suicide Prevention to increase knowledge related to teen suicide risk factors. 	<ul style="list-style-type: none"> 17 minute presentations for: <ul style="list-style-type: none"> Teens Parents Teachers

For more information: afsp.org/itsreal

Program/ Curriculum	Overview	Time frame
Sources of Strength 	<ul style="list-style-type: none"> Promote mental wellness school wide via trained advisors and youth peer leaders. Engage whole school community in creation of unique messaging tools. 	<ul style="list-style-type: none"> 6 hour training for advisors 4 hour training for peer leaders 3-6 months for program implementation

For more information: sourcesofstrength.org

Students benefit from outreach programs, classroom lessons, and presentations that provide information, build skills, and raise awareness. Choosing a training program for your school or district can be challenging. Select a program that meets your school or district's needs, readiness, and climate. We recommend the following programs. A more complete list of programs can be found in [SAMHSA's Preventing Suicide: A Toolkit for High Schools \(www.samhsa.gov\)](http://www.samhsa.gov).

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Comprehensive Step-by-step instruction for implementation of Protocols and Programming Staff training, parent education, and student curriculum Recommendation for school readiness assessment and 2 staff to be ASIST trained 	<ul style="list-style-type: none"> School Wide Coordinator Teachers Teacher Training included in school kit 	<ul style="list-style-type: none"> \$440 per school or district

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Informational videos for: <ul style="list-style-type: none"> High School Students Teachers Parents Presents information for: <ul style="list-style-type: none"> Prevalence of suicide Risk factors Resources 	<ul style="list-style-type: none"> Teachers Counselors American Foundation for Suicide Prevention (ASFP) 	<ul style="list-style-type: none"> Varies by location

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> Evidence-based Peer Leader Program includes peer-to-peer interaction Peer-based school-wide branding and messaging Successful use in diverse/underserved communities 	<ul style="list-style-type: none"> Teachers Peer Leaders 	<ul style="list-style-type: none"> \$6,000 Standard Program Implementation \$750 Annual Licensing fee

For more information, please see: www.wesd.org | theyouthline.org/step-by-step
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HIGH SCHOOL CURRICULUM (CONTINUED)

Program/ Curriculum	Overview	Time frame
YouthLine Classroom Outreach 	<ul style="list-style-type: none"> ▶ Complement existing health curriculum. ▶ Normalize help-seeking behavior instead of struggling alone. ▶ Destigmatize mental health and substance use challenges. ▶ Identify a personalized safety net of trusted adults and community resources. ▶ Lessons meet Oregon Department of Education Health Standards for Analyzing Influences, Accessing Information, Self-Management, Advocacy, Decision Making, Goal Setting, Interpersonal Communication. 	<ul style="list-style-type: none"> ▶ Choice of 45 to 90 minute classroom presentations ▶ 1-2 classroom visits per year

For more information: www.theyouthline.org/classroom-lessons/

Program/ Curriculum	Overview	Time frame
LifeLines 	<ul style="list-style-type: none"> ▶ Learn about suicidal behavior. ▶ Recognize personal role in suicide prevention. 	<ul style="list-style-type: none"> ▶ Four 45 minute or two 90 minute lessons ▶ 1 ½ hour staff training ▶ 1 ½ hour parent presentation

For more information: [Hazelden Lifelines Trilogy](#)

Program/ Curriculum	Overview	Time frame
SOS (Signs of Suicide) 	<ul style="list-style-type: none"> ▶ Recognize symptoms of depression and suicide in self and others. ▶ Raise awareness among teachers and parents with prepared presentations. 	<ul style="list-style-type: none"> ▶ 1 Hour Staff Presentation ▶ 1 Hour Parent Presentation

For more information: www.mindwise.org/sos-signs-of-suicide/

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Peer Led Discussions Lessons for: <ul style="list-style-type: none"> ▶ Coping with Stress ▶ Suicide Awareness ▶ Understanding Bullying ▶ Under Pressure ▶ Teen Decision Making ▶ Let's Talk: YouthLine 	<ul style="list-style-type: none"> ▶ YouthLine staff and youth volunteers 	<ul style="list-style-type: none"> ▶ Free

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Evidence-based ▶ Lifelines curriculum has three components: <ul style="list-style-type: none"> ▶ Prevention ▶ Intervention ▶ Postvention 	<ul style="list-style-type: none"> ▶ Teachers/ Guidance Counselors ▶ Teacher Training included ▶ Interactive teaching techniques, role-play 	<ul style="list-style-type: none"> ▶ Trilogy: \$545.00 ▶ Prevention: \$295.00 ▶ Intervention: \$195.00 ▶ Postvention: \$155.00 ▶ Can be purchased and used separately

Highlights	Delivered	Cost**
<ul style="list-style-type: none"> ▶ Evidence-based ▶ Includes screening tool for depression and related suicide risk factors to complete for self or child. 	<ul style="list-style-type: none"> ▶ Teachers ▶ Teacher Training included in curriculum materials 	<ul style="list-style-type: none"> ▶ \$500/year