

Recommended Suicide Prevention Training for Schools

Maximizing OHA-sponsored training
available at low or no cost to schools

| Who? | Which training? | Training Description | How often? | Contact information |
|--|--|--|--|--|
| All Staff (including support staff, food service, transportation, and extra-curricular advisors) | Question, Persuade, Refer (QPR) | A 1.5 hour virtual or in-person training program for anyone ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. AVAILABLE VIRTUALLY. | Every year | To sign up individually: Register here . To get a group trained: Crystal Larson 503-244-5211 qpr@linesforlife.org |
| Administrators Health Teachers School Nurses | Youth Mental Health First Aid (YMHFA) | A broad overview one-day training on recognizing the early signs of mental illness, mental health problems, and substance use. AVAILABLE VIRTUALLY. | Every 3 years | Find a training here or contact Maria Pos 503-399-7201 mpos@aocmhp.org |
| School Counselors Other School-based Mental Health Professionals Administrators (who may do initial suicide screening) | Applied Suicide Intervention Skills Training (ASIST) | An in-depth, two-day workshop designed for anyone ages 16+ to learn to provide skilled intervention and safety planning. CURRENTLY NOT AVAILABLE VIRTUALLY. | Every 3 years (4-hour “tune-up” course is available following completion of full training.) | Find a training here or contact Tim Glascock 503-367-3754 tglascock@aocmhp.org |
| School Counselors Other School-based Mental Health Professionals | Youth Suicide Assessments in Various Environments (Youth SAVE) | An in-depth, equity-centered 9-hour workshop designed for advanced mental health staff to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces. | Every 3 years | Find a training or a trainer here . |

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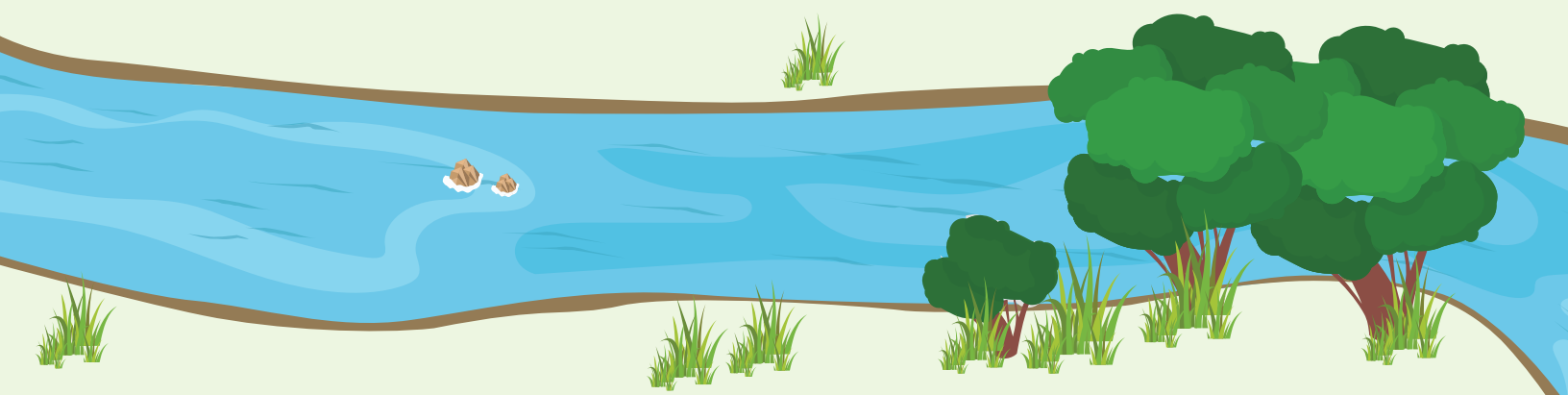
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| Students | Some curriculum options (more linked below): RESPONSE | “RESPONSE is a comprehensive high school based suicide prevention program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.” | Curriculum and Upstream programs Ongoing | RESPONSE: http://www.columbiacare.org/response.html |
| | Signs of Suicide (SoS) | Signs of Suicide (SoS) is a middle and high school education curriculum designed to teach students to identify warning signs of depression and suicide and encourage help-seeking and connection. | | SoS: https://www.mindwise.org/what-we-offer/suicide-prevention-programs/ |
| | teen Mental Health First Aid (tMHFA) | Teen Mental Health First Aid “teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling.” | | tMHFA: Maria Pos 503-399-7201 mpos@aocmhp.org |
| | <u>Erika's Lighthouse</u> | Erika's Lighthouse – Free curriculum and resources for mental health awareness for grades 4-6 plus suicide prevention for grades 8-12. Available in English and Spanish. | | <u>Find a short list of recommended Suicide Prevention curriculum in Lines for Life's Step-by-Step guide on page 40-47 here.</u> |
| | Complement curriculum with upstream community-building/SEL program: Sources of Strength Sources of Strength Elementary (includes curriculum) | Sources of Strength is a curriculum for elementary and a youth-led program for middle, and high schools aimed at equipping students to be connectors to help and agents of change in a school setting with a focus on hope, help, and strength. AVAILABLE VIRTUALLY, IN-PERSON, OR FOR HYBRID LEARNING MODELS. Available in English and Spanish. | | Find additional SEL options and resources for Middle and High School <u>here.</u> Find additional SEL options and resources for PreK and Elementary <u>here.</u> Sources: Contact Liz Thorne 503-593-2840 liz@matchstickpdx.com |

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| Crisis Response Team School Counselors | Connect: Postvention | An in-person, half-day postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. AVAILABLE VIRTUALLY. | Every 5 years | Kris Bifulco 203-231-3619 kbifulco@aocmhp.org |
| School-based Mental Health Professionals | Collaborative Assessment & Management of Suicidality (CAMS) | Collaborative Assessment and Management of Suicidality (CAMS): Therapeutic framework for suicide-specific assessment and treatment of suicidal risk. AVAILABLE VIRTUALLY. | Includes ongoing support from CAMS. | Maria Pos 503-399-7201 mpos@aocmhp.org |

Contact the Statewide School Suicide Prevention Manager at Lines for Life (SSPW@linesforlife.org) to access resources for suicide prevention programming.



You can get this document in other languages, large print, braille or a format you prefer. Contact Children and Family Behavioral Health at 971-719-0265 or email Chelsea.Holcomb@oha.oregon.gov. We accept all relay calls or you can dial 711.