

Suicide Prevention Training 101 Part 6 Transcript

[Samantha Vidal]: Ongoing education is at the heart of a successful district-wide suicide prevention strategy. As research and resources evolve, it's important to stay informed and ensure you have the most current tools to support your students. By prioritizing professional development, you empower your students with the proactive, healthy strategies they need to navigate their own challenges.

[Samantha Vidal]: Ultimately, it's important to remember that effective prevention is not a single policy; it is a comprehensive plan built upon eight essential strategies:

- Prioritize comprehensive counseling that extends beyond the student to include the entire family.
- Second, ensure that crisis intervention information is not just filed away, but readily accessible. Every student, parent, and staff member should know exactly where to turn and what to do in the case of an emergency.
- Stay vigilant. Take notice of changes in student behavior and new or increased use of drugs and alcohol. The relationship between substance abuse and suicide rates in children continues to rise and is often a sign of distress.
- Remain familiar with behavioral warning signs and tendencies of suicidal ideation. Use the resources provided today to keep your knowledge current.
- Connect with your community resources and...
- Actively partner with local mental health providers. Comprehensive care for students requires a seamless transition from the classroom to professional clinical support.
- In the event of a suicide or attempted suicide, it is important to have a detailed plan to support the survivors of attempted suicide and provide the necessary space for students and staff to cope and heal.
- Finally, remember that prevention is ever-changing. It's important to continue your education and adapt programs to meet the current needs of your school community.

[Samantha Vidal]: Thank you for watching this CIESC training video. We encourage you to review Additional Resources on the course's main preview page and work with your administration to review and understand your school's child suicide awareness and prevention policy.