

Where to get more information:

American Association of Suicidology

www.suicidology.org

National Association of School Psychologists

www.nasponline.org

Suicide Awareness/Voice of Education (SAVE)

www.save.org

Local Resources in Calvert County:

Calvert County Mental Health Clinic

410-535-5400

Crisis Intervention Center (24 hour hotline)

410-535-1121

National Hotline: 1-800-422-0009

References:

Cohn, A. (2006). Preventing Youth Suicide: Tips for parents and educators. National Association of School Psychologist, 1-2.

Goldsmith et. al., (2002) Reducing Suicide: A national imperative. Washington (DC): National Academy Press.

www.suicidology.org, "Youth Suicidal Behavior Fact Sheet", 2010.

Center for Disease Control and Prevention. Youth Risk Behavior Surveillance – United States, 2009. Surveillance Summaries, June 4, 2012. MMWR 2012; 619 (No. SS-4)

Calvert County Public Schools does not discriminate on the basis of race, color, religion, sex, age, ancestry or national origin, familial status, marital status, physical or mental disability, sexual orientation or genetic information or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The following persons have been designated to handle inquiries regarding the non-discrimination policies:

- Director of Student Services
 - Director of Human Resources
- 1305 Dares Beach Road
Prince Frederick, MD 20678
410-535-1700

For further information on notice of non-discrimination, visit the Office of Civil Rights Complaint Assessment System at: <http://ocras.ed.gov> or call 1-800-421-3481.

Anti-sexual, Anti-racial and Anti-disability Harassment Statement

Discrimination can manifest itself in behaviors such as bullying, harassment, or intimidation of individuals.

Calvert County Public Schools does not tolerate any form of harassment including, but not limited to, sexual, racial, or disability. Any individual (student, employee, or community member) who believes that he or she has been subjected to any form of harassment is encouraged to report the allegation of harassment. Students, parents and community members may report allegations of harassment to:

Ms. Kimberly Roof
Director of Student Services
Calvert County Public Schools
1305 Dares Beach Road
Prince Frederick, MD 20678

Employees may report allegations of harassment to:

Dr. Vicky Karol
Director of Human Resources
Calvert County Public Schools
1305 Dares Beach Road
Prince Frederick, MD 20678

Calvert County Public Schools is committed to conducting a prompt investigation for any allegation of harassment. If harassment has occurred, the individual will be disciplined promptly. Disciplinary actions for students found to have engaged in any form of harassment may result in suspension or expulsion. Disciplinary actions for employees found to have engaged in any form of harassment may result in suspension or termination.

Calvert County Public Schools encourages all students, parents, employees, and community members to work together to prevent any form of harassment.



Suicide Prevention

How Does a Teacher or Parent Help a Child Who Feels Hopeless?



CALVERT COUNTY PUBLIC SCHOOLS

Department of Student Services

1305 Dares Beach Road
Prince Frederick, MD 20678

History and Statistics

- Suicide is the 3rd leading cause of death among 15-24 year olds.
 - In 2010, for youth aged 15-24:
 - 4,600 died by suicide
 - Male youth died by suicide 4 times more frequently than female youth
- The 2011 Youth Risk Behavior Survey found that among high school students:
 - 7.8% self-reported having attempted suicide one or more times in the previous 12 month. Attempts were reported more frequently by female students.
 - 2.4% reported having made a suicide attempt in the previous 12 month that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse. Females reported suicide attempts more often than did males.
 - 12.8% reported having made a plan for a suicide attempt in the previous 12 month.
 - 15.8% reported having seriously considered attempting suicide in the previous 12 months.
- Suicide occurs across all ages, economic, social, and ethnic backgrounds.
- Most suicidal persons give warning signs of their suicidal thoughts.

Suicide Risk Factors

- Mental illness including depression, conduct disorders, and substance abuse
- Family stress/dysfunction
- Environmental risks, including presence of a firearm in the home
- Situational crises (i.e., traumatic death of a loved one, physical or sexual abuse, family violence, etc.)

Suicide Warning Signs

- Loss of interest in friends
- High risk behaviors
- Symptoms of alcohol/drug use
- Suicidal threats in the form of direct and indirect statements
- Suicide notes and plans
- Prior suicidal behavior
- Making final arrangements (e.g., making funeral arrangements, writing a will, giving away prized possessions)
- Preoccupation with death
- Changes in behavior, appearance, eating/sleeping habits, thoughts and/or feelings

Why is it important for teachers to know about suicidal warning signs?

- When school staff create a positive learning environment, students feel comfortable sharing information about themselves.
- Children and adolescents spend approximately 7 hours of their day under the supervision of school personnel.
- It is important for all school personnel to watch for risk factors and warnings signs of suicidal behavior and follow the established procedures.

What to look for in the classroom

- Marked decline in school performance.
- Skipping classes and opting out of school activities.
- Unusual disruptive or rebellious behavior.
- Poor concentration, sleepiness, inattentiveness.
- Death or suicide themes dominate in written, artistic, or creative work.

What should you do if you suspect a student is suicidal?

- Remain calm.
- Listen. Take the student's feelings and thoughts seriously.
- DO NOT LEAVE THE STUDENT ALONE! PROVIDE CONSTANT SUPERVISION.
- Contact the school counselor immediately. If you can't take the student to a counselor, send another student with a sealed note marked EMERGENCY!
- If the counselor is not available then contact the school administrator.

Parents: What to do

- Take a suicidal threat/thought seriously and respond immediately.
- Recognize that depression is a real problem.
- Have an open relationship with your child. Encourage your child to talk to you.
- Avoid denial when it comes to suicide.
- Seek professional help if warning signs are detected.
- Be supportive and do not judge your child.
- Maintain communication with the school.