

Regulation 5141.52: Suicide Prevention

Status: ADOPTED

Original Adopted Date: 08/14/2018 | **Last Revised Date:** 05/14/2020 | **Last Reviewed Date:** 05/14/2020

Staff Development

Suicide prevention training shall be provided to teachers, counselors, and other district employees who interact with students. The training shall be offered under the direction of a district counselor/psychologist and/or in cooperation with one or more community mental health agencies.

Materials for training shall include how to identify appropriate mental health services at the school site and within the community, and when and how to refer youth and their families to those services. Materials also may include programs that can be completed through self-review of suitable suicide prevention materials. (Education Code 215)

Staff development shall include research and information related to the following topics:

1. The higher risk of suicide among certain groups, including, but not limited to, students who are impacted by suicide; students with disabilities, mental illness, or substance use disorders; students who are experiencing homelessness or who are in out-of-home settings such as foster care; and students who are lesbian, gay, bisexual, transgender, or questioning
2. Individual risk factors such as previous suicide attempt(s) or self-harm, history of depression or mental illness, family history of suicide or violence, feelings of isolation, interpersonal conflicts, a recent severe stressor or loss, family instability, impulsivity, and other factors
3. Warning signs that may indicate depression, emotional distress, or suicidal intentions, such as changes in students' personality or behavior and verbalizations of hopelessness or suicidal intent
4. Protective factors that may help to decrease a student's suicide risk, such as resiliency, problem-solving ability, access to mental health care, and positive connections to family, peers, school, and community
5. Instructional strategies for teaching the suicide prevention curriculum and promoting mental and emotional health
6. School and community resources and services, including resources and services that meet the specific needs of high-risk groups
7. Appropriate ways to interact with a student who is demonstrating emotional distress or is suicidal and procedures for intervening when a student attempts, threatens, or discloses the desire to die by suicide, including, but not limited to, appropriate protocols for monitoring the student while the immediate referral of the student to medical or mental health services is being processed
8. District procedures for responding after a suicide has occurred

Instruction

The district's comprehensive health education program shall promote the healthy mental, emotional, and social development of students and shall be aligned with the state content standards and curriculum framework. Suicide prevention instruction shall be incorporated into the health education curriculum in an age appropriate manner and shall be designed to help students:

1. Identify and analyze signs of depression and self-destructive behaviors in oneself and others and understand how feelings of depression, loss, isolation, inadequacy, and anxiety can lead to thoughts of suicide
2. Develop coping and resiliency skills and self-esteem
3. Learn to listen, be honest, share feelings, and get help when communicating with friends who show signs of suicidal intent
4. Identify trusted adults, school resources, and/or community crisis intervention resources where youth can get help and recognize that there is no stigma associated with seeking services for mental health, substance abuse,

and/or suicide prevention

Student Identification Cards

Student identification cards for students in grades 7-12 shall include the National Suicide Prevention Lifeline telephone number and may also include the Crisis Text Line and/or a local suicide prevention hotline telephone number. (Education Code 215.5)

Intervention

Students shall be encouraged to notify a teacher, principal, counselor, or other adult when they are experiencing thoughts of suicide or when they suspect or have knowledge of another student's suicidal intentions.

Every statement regarding suicidal intent shall be taken seriously. Whenever a staff member suspects or has knowledge of a student's suicidal intentions based on the student's verbalizations or act of self-harm, the staff member shall promptly notify the principal or school counselor, who shall implement district intervention protocols as appropriate.

Although any personal information that a student discloses to a school counselor shall generally not be revealed, released, referenced, or discussed with third parties, the counselor may report to the principal or student's parents/guardians when there is reasonable cause to believe that disclosure is necessary to avert a clear and present danger to the health, safety, or welfare of the student or others within the school community. In addition, the counselor may disclose information of a personal nature to psychotherapists, other health care providers, or the school nurse for the sole purpose of referring the student for treatment. (Education Code 49602)

Whenever schools establish a peer counseling system to provide support for students, peer counselors shall receive training that includes identification of the warning signs of suicidal behavior and referral of a suicidal student to appropriate adults.

When a suicide attempt or threat is reported, the principal or designee shall ensure student safety by taking the following actions:

1. Immediately securing medical treatment and/or mental health services as necessary
2. Notifying law enforcement and/or other emergency assistance if a suicidal act is being actively threatened
3. Keeping the student under continuous adult supervision until the parent/guardian and/or appropriate support agent or agency can be contacted and has the opportunity to intervene
4. Removing other students from the immediate area as soon as possible

The principal or designee shall document the incident in writing, including the steps that the school took in response to the suicide attempt or threat.

The Superintendent or designee shall follow up with the parent/guardian and student in a timely manner to provide referrals to appropriate services as needed. If the parent/guardian does not access treatment for the student, the Superintendent or designee may meet with the parent/guardian to identify barriers to treatment and assist the family in providing follow-up care for the student. If follow-up care is still not provided, the Superintendent or designee shall consider whether it is necessary, pursuant to laws for mandated reporters of child neglect, to refer the matter to the local child protective services agency.

For any student returning to school after a mental health crisis, the principal or designee and/or school counselor may meet with the parents/guardians and, if appropriate, with the student to discuss re-entry and appropriate next steps to ensure the student's readiness for return to school and determine the need for ongoing support.

Postvention

In the event that a student dies by suicide, the Superintendent or designee shall communicate with the student's parents/guardians to offer condolences, assistance, and resources. In accordance with the laws governing confidentiality of student record information, the Superintendent or designee shall consult with the parents/guardians regarding facts that may be divulged to other students, parents/guardians, and staff.

The Superintendent or designee shall implement procedures to address students' and staff's grief and to minimize the risk of imitative suicide or suicide contagion. The Superintendent or designee shall provide students, parents/guardians, and staff with information, counseling, and/or referrals to community agencies as needed. Students significantly affected by suicide death and those at risk of imitative behavior should be identified and closely monitored. School staff may receive assistance from school counselors or other mental health professionals in determining how best to discuss the suicide or attempted suicide with students.

Any response to media inquiries shall be handled by the district-designated spokesperson who shall not divulge confidential information. The district's response shall not sensationalize suicide and shall focus on the district's postvention plan and available resources.

After any suicide or attempted suicide by a student, the Superintendent or designee shall provide an opportunity for all staff who responded to the incident to debrief, evaluate the effectiveness of the strategies used, and make recommendations for future actions.

Policy Reference Disclaimer: These references are not intended to be part of the policy itself, nor do they indicate the basis or authority for the board to enact this policy. Instead, they are provided as additional resources for those interested in the subject matter of the policy.

State References

	Description
Ed. Code 215	Suicide prevention policies
Ed. Code 215.5	Student identification cards; inclusion of safety hotlines
Ed. Code 216	Suicide prevention online training programs
Ed. Code 234.6	Bullying and harassment prevention information
Ed. Code 32280-32289.5	School safety plans
Ed. Code 49060-49079	Student records
Ed. Code 49602	Counseling and confidentiality of student information
Ed. Code 49604	Suicide prevention training for school counselors
Gov. Code 810-996.6	Government Claims Act
Pen. Code 11164-11174.3	Child Abuse and Neglect Reporting Act
W&I Code 5698	Emotionally disturbed youth; legislative intent
W&I Code 5850-5886	Children's Mental Health Services Act

Management Resources References

	Description
California Department of Education Publication	Health Framework for California Public Schools, Kindergarten Through Grade Twelve, 2019
California Department of Education Publication	Model Youth Suicide Prevention Policy
California Department of Education Publication	Health Education Content Standards for California Public Schools, Kindergarten Through Grade Twelve, 2008
CALSCHLS Publication	California School Staff Survey (CSSS)
CALSCHLS Publication	California School Parent Survey (CSPS)
CALSCHLS Publication	California Healthy Kids Survey (CHKS)
Centers for Disease Control&Prevention Publication	School Connectedness: Strategies for Increasing Protective Factors Among Youth, 2009
Court Decision	Corales v. Bennett (Ontario-Montclair School District), (2009) 567 F.3d 554
Each Mind Matters Publication	Making Headlines: Guide to Engaging the Media in Suicide Prevention in California, 2012
Heard Alliance Publication	K-12 Toolkit for Mental Health Promotion and Suicide Prevention, 2017

Mental Health Svcs Oversight & Accountability Pub	Striving for Zero: California's Strategic Plan for Suicide Prevention 2020-2025
Nat'l Assoc. of School Psychologists Publication	Preventing Suicide: Guidelines for Administrators and Crisis Teams, 2015
Suicide Prevention Resource Center Publication	After a Suicide: A Toolkit for Schools, 2nd Edition, 2018
U.S. Dept. of Health & Human Services Publication	Preventing Suicide: A Toolkit for High Schools, 2012
U.S. Dept. of Health & Human Services Publication	National Strategy for Suicide Prevention: Goals and Objectives for Action, rev. 2012
Website	Suicide Prevention Messaging - https://simbli.eboardsolutions.com/SU/WgC4PLLjrBOlBeSNRS8O4g==
Website	National Action Alliance for Suicide Prevention - https://simbli.eboardsolutions.com/SU/tud4tHfNpPI5tEY5Fj036A==
Website	Mental Health Services Oversight and Accountability Commission - https://simbli.eboardsolutions.com/SU/BfgjBiPvJqdkl8LZ1o91g==
Website	HEARD Alliance - https://simbli.eboardsolutions.com/SU/CZqVMxuR72Oxcslsh5XaSU0iA==
Website	Each Mind Matters: California's Mental Health Movement - https://simbli.eboardsolutions.com/SU/qpka5RPTtcMrmjmbnWkpnA==
Website	Crisis Text Line - https://simbli.eboardsolutions.com/SU/fHZ6qL5YDq7TZgyB6pMx8A==
Website	CalSCHLS - https://simbli.eboardsolutions.com/SU/MhvMT2GZ5w18eNbppUL7Aw==
Website	California Mental Health Services Authority - https://simbli.eboardsolutions.com/SU/x1slsh1z08lKZaJDnul97LIRQ==
Website	National Child Traumatic Stress Network - https://simbli.eboardsolutions.com/SU/fsMXOe6GO4nOQplus2T5QtsUQ==
Website	Substance Abuse and Mental Health Services Administration - https://simbli.eboardsolutions.com/SU/fqslshmyInfegyQnF2VZzOl5g==
Website	Suicide Prevention Lifeline - https://simbli.eboardsolutions.com/SU/afV0kpluspY6deddMutWePi1w==
Website	Suicide Prevention Resource Center - https://simbli.eboardsolutions.com/SU/2cfjFY4ju3lrj8NMBvPa0g==
Website	Trevor Project - https://simbli.eboardsolutions.com/SU/YGdplusizjTY5ffqCzyaC432A==
Website	American Academy of Pediatrics - https://simbli.eboardsolutions.com/SU/pQA5jsiFzEUmkj21atlW8w==
Website	American Association of Suicidology - https://simbli.eboardsolutions.com/SU/2epimFF2un2Frplus9gZent5w==
Website	American Foundation for Suicide Prevention - https://simbli.eboardsolutions.com/SU/FEUu0bQA19UxSaw3Wtfi0A==
Website	American Psychological Association - https://simbli.eboardsolutions.com/SU/whnZxkEv3ftXlZAgq4Eknw==
Website	California Department of Education, Mental Health - https://simbli.eboardsolutions.com/SU/U8ybLhobslshszvvd8YxPBKw==
Website	California Department of Health Care Services, Mental Health Services - https://simbli.eboardsolutions.com/SU/lhJ9lBnSx33gyv3jSdm7LQ==
Website	Centers for Disease Control and Prevention, Mental Health - https://simbli.eboardsolutions.com/SU/zljgm8LIDlJLplusGWxslshSbPEQ==
Website	National Association of School Psychologists - https://simbli.eboardsolutions.com/SU/2Pbs2eIsIshfyVi8hrLAnCIsIshQ==

- Website National Institute for Mental Health -
<https://simbli.eboardsolutions.com/SU/IYEslskeWiWcCFo92HqaA==>
- Website American School Counselor Association -
<https://simbli.eboardsolutions.com/SU/R1ggYp24tGNHpluszwmaMrEvg==>

Cross References

Description

- 0450 Comprehensive Safety Plan -
<https://simbli.eboardsolutions.com/SU/pgApP4MnbiUirPPDA1sAMA==>
- 0450 Comprehensive Safety Plan -
<https://simbli.eboardsolutions.com/SU/otXWxpl2g4p4VoQpYBAQCQ==>
- 1112 Media Relations -
<https://simbli.eboardsolutions.com/SU/DuE6PH8qo6myDRo0KfxqKg==>
- 1220 Citizen Advisory Committees -
<https://simbli.eboardsolutions.com/SU/L2aCVzEvt36nZ5JitLusDg==>
- 1220 Citizen Advisory Committees -
<https://simbli.eboardsolutions.com/SU/EIEuaoBzHORoWozTg3VvNQ==>
- 1240 Volunteer Assistance -
<https://simbli.eboardsolutions.com/SU/t5bXMiQ3ZjI90t6J9nE49w==>
- 1240 Volunteer Assistance -
<https://simbli.eboardsolutions.com/SU/MslshwiCEXxu5R7IRmHDfekcg==>
- 1400 Relations Between Other Governmental Agencies And The Schools -
<https://simbli.eboardsolutions.com/SU/aQ7zRFhZQ4wgRN0z5VsMwQ==>
- 3515 Campus Security -
<https://simbli.eboardsolutions.com/SU/4KGxN9tgZjIxxFD8BaZ6zg==>
- 3515 Campus Security -
<https://simbli.eboardsolutions.com/SU/SBU1Wqm6k3kFchoel5uRCg==>
- 4112.21 Interns - <https://simbli.eboardsolutions.com/SU/yu1PgvBRG4svZB4M9xpoCw==>
- 4112.21 Interns -
<https://simbli.eboardsolutions.com/SU/njtslshNmtYplusBnmS9uhislsh5UoA==>
- 4121 Temporary/Substitute Personnel -
<https://simbli.eboardsolutions.com/SU/dKrbCBwQ0a0nGx96Tuv1Sg==>
- 4121 Temporary/Substitute Personnel -
<https://simbli.eboardsolutions.com/SU/slshivUorwMeHmFyE2FrlC9plusw==>
- 4127 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/s5QU3D34ZT8QKe0GsrM9Q==>
- 4127 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/GEmrCdOeplusplus6kslshLiT9b5oplusw==>
- 4131 Staff Development -
<https://simbli.eboardsolutions.com/SU/ofCiZ4JP5OFcbQsJHwBvUw==>
- 4227 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/0IPF7jlsAUrFBfLDR6duOQ==>
- 4227 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/adNfheX9slshV8917CjkVJmeA==>
- 4231 Staff Development -
<https://simbli.eboardsolutions.com/SU/OgljplusUEH6duZgau5tuM32g==>
- 4327 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/jmRtrcC6AplusfW7vxMzOplusoQQ==>
- 4327 Temporary Athletic Team Coaches -
<https://simbli.eboardsolutions.com/SU/dLU2DcNjwBplusR41JolotxQ==>
- 4331 Staff Development -
<https://simbli.eboardsolutions.com/SU/JIDKRIiZICslshkgfGSKJWpluszA==>

5125 Student Records - <https://simbli.eboardsolutions.com/SU/PkAXD91TjbsGjZplusomlAYQ==>

5125 Student Records - <https://simbli.eboardsolutions.com/SU/eAgs6nHselg3pnPPMIF1KA==>

5131 Conduct - <https://simbli.eboardsolutions.com/SU/3aoy3fWcJ6hXacpe8fdSEw==>

5131.2 Bullying - <https://simbli.eboardsolutions.com/SU/aD34OAipLut4ZQ4emslshEh1g==>

5131.6 Alcohol And Other Drugs - <https://simbli.eboardsolutions.com/SU/yjCsslshgA8ORONslsh9bEHliiYA==>

5131.6 Alcohol And Other Drugs - <https://simbli.eboardsolutions.com/SU/3k4cLQPslshPzXsmhopviiZtA==>

5137 Positive School Climate - <https://simbli.eboardsolutions.com/SU/LuslshF1DslshHbw8xyk79JHvmw==>

5141 Health Care And Emergencies - <https://simbli.eboardsolutions.com/SU/epvHFWCvS9joTENQBfjmEQ==>

5141 Health Care And Emergencies - <https://simbli.eboardsolutions.com/SU/m67jng3ww2KlIfK0SwFxB9A==>

5141.22 Infectious Diseases - <https://simbli.eboardsolutions.com/SU/gXtInglQVOuPslsh13Pw8re9Q==>

5141.22 Infectious Diseases - <https://simbli.eboardsolutions.com/SU/hl4aa8evbc7OrnaGPctB1Q==>

5141.4 Child Abuse Prevention And Reporting - <https://simbli.eboardsolutions.com/SU/WJVWxJIV36QETrbwB2By0g==>

5141.4 Child Abuse Prevention And Reporting - <https://simbli.eboardsolutions.com/SU/0s8kVLmt5l9DYIURhkcPNA==>

5141.6 School Health Services - <https://simbli.eboardsolutions.com/SU/plusbzdE8flSwLCcklxFMGFqg==>

5142 Safety - <https://simbli.eboardsolutions.com/SU/bH7vmGQslshb8fK4ojGjwRnQg==>

5142 Safety - <https://simbli.eboardsolutions.com/SU/GJ0cxS4erlLHv5NmCDXxrg==>

5145.3 Nondiscrimination/Harassment - <https://simbli.eboardsolutions.com/SU/raW97X8t2C0gFUplusslshPAyjww==>

5145.3 Nondiscrimination/Harassment - <https://simbli.eboardsolutions.com/SU/B14sKH0N3XrP9LplumTbkpQ==>

5145.7 Sexual Harassment - <https://simbli.eboardsolutions.com/SU/7C0nH985emwTX7xf13bchA==>

5145.7 Sexual Harassment - <https://simbli.eboardsolutions.com/SU/PxekWpBGOOyZZLW8aobnLA==>

5145.9 Hate-Motivated Behavior - <https://simbli.eboardsolutions.com/SU/RF6ObpCc2RaYvVYplusWwD8uA==>

5148.2 Before/After School Programs - <https://simbli.eboardsolutions.com/SU/K4oOpluskayA32X0GLVaXaevw==>

5148.2 Before/After School Programs - <https://simbli.eboardsolutions.com/SU/gtsBINHNv4XMUu0MAJU1cA==>

6142.8 Comprehensive Health Education - <https://simbli.eboardsolutions.com/SU/mPRfyGatmikHSwHHVxYAWA==>

6142.8 Comprehensive Health Education - <https://simbli.eboardsolutions.com/SU/plusl0BhXEOyXnplusA79o0gilmw==>

6145.2 Athletic Competition - <https://simbli.eboardsolutions.com/SU/rJWtkusO2lIEkTmfySslshyzQ==>

- 6145.2 Athletic Competition -
<https://simbli.eboardsolutions.com/SU/ypBJH97frzbgLAsowvITNQ==>
- 6145.8 Assemblies And Special Events -
<https://simbli.eboardsolutions.com/SU/RluiCrm1woc1MMplCkp1ng==>
- 6164.2 Guidance/Counseling Services -
<https://simbli.eboardsolutions.com/SU/fwth8mNTgmavHEhggMxSeg==>
- 6164.5 Student Success Teams -
<https://simbli.eboardsolutions.com/SU/xUmMvYwZrreXld9icbB6SQ==>
- 6164.5 Student Success Teams -
<https://simbli.eboardsolutions.com/SU/kCKCW8CDWEvWweYQImzkkA==>