



**COLORADO**

**School Safety Resource Center**

Department of Public Safety

# RESOURCES FOR YOUTH SUICIDE PREVENTION AND INTERVENTION

June 2021

The most current version can be found on the CSSRC website: [www.Colorado.gov/CSSRC](http://www.Colorado.gov/CSSRC)



*The Colorado School Safety Resource Center (CSSRC) does not endorse any programs and takes no responsibility for any services mentioned below. The CSSRC offers these as information for further investigation by a district and/or school. The CSSRC also cautions school districts/schools about implementing any programs without adequate staff training, available school and community intervention resources and particularly after the death of any student or staff member due to suicide. The CSSRC can put districts/schools in contact with specialized professionals in the wake of a suicide.*

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## I. CAMPAIGNS

### *National Suicide Prevention Campaign for Teens – We Can Help Us*

SAMHSA, Ad Council and Inspire USA Foundation <http://us.reachout.com/wecanhelpus/>

In an effort to provide support for teens who may be contemplating suicide, SAMHSA and the Ad Council launched the Teen Suicide Prevention campaign. Created by DDB New York through the Ad Council, the *We Can Help Us* effort includes television, radio, print and interactive PSAs, as well as in-school and mall posters, directed at 13-17 year-olds. The ads were based on the understanding that teens face a myriad of problems and many are seeking effective ways to cope with them.

## II. ACCREDITATION

### **American Association of Suicidology**

[www.suicidology.org](http://www.suicidology.org)

- Description:** School Suicide Prevention Accreditation Program
- Target:** School psychologists, social workers, counselors, nurses and others supporting the reduction of suicide and suicidal behaviors.
- Cost:** \$350 for school-based professionals and \$250 for current graduate students
- Steps:**
- Application process and payment of fee
  - Receive school suicide guide; recommended reading list; sample test questions; and information to access the on-line exam
  - Access to on-line support system

## III. Crisis Lines

- **National Suicide Prevention Lifeline: 1-800-273-8255-  
<https://suicidepreventionlifeline.org/>**
- **Colorado Crisis Services: 1-844-493-8255 (TALK) Text TALK to 38255-  
[www.Coloradocrisisservices.org](http://www.Coloradocrisisservices.org)**
- **Safe2Tell: 1-877-542-7233 - <https://safe2tell.org/home>**
- **Trevor Project: 1-866-488-7386 - <http://www.thetrevorproject.org/>**
- **Trans Lifeline: 1-877-565-8860 - <https://www.translifeline.org/>**

## IV. SUICIDE PREVENTION PROGRAMS

To follow please find programs the CSSRC has listed that we are currently aware of that address suicide prevention. Programs reviewed by and listed with Substance Abuse and Mental Health Services Administration National Registry of Evidence-based Programs and Practices (NREPP); the Suicide Prevention Resource Center; and/or by Blue Prints have been noted.\*

\* **NREPP** = National Registry of Evidence-based Programs and Practices, Substance Abuse and Mental Health Services Administration (SAMSHA) rating system was revised as of 2015. Previously rated programs are listed as “**Legacy**” programs. Those newly reviewed may have multiple designations of **Effective, Promising or Ineffective** based on various criteria. We have only listed the NREPP designation if there is at least one area in which there is an Effective or Promising rating.

For more information on NREPP’s rating changes see: <http://www.sprc.org/sites/default/files/resource-program/NREPP%20Overview%20of%20Criteria%20and%20Ratings.pdf>

\***SPRC-BPR** = Suicide Prevention Resource Center Best Practices Registry,  
Rated as follows:

✓ **Programs with Evidence of Effectiveness.** These programs have been evaluated and found to result in at least one positive outcome related to suicide prevention.

✓ **Those programs not included in “Programs with Evidence of Effectiveness” were previously included in SPRC’s Section III. We have listed them here as “Previously.”**

To be listed previously, the program content was reviewed for adherence to standards of accuracy, safety, likelihood of meeting objectives, and program design. Outcome data—whether the program had evidence of effectiveness—were not a part of the BPR review process. (From their website)

\***Blue Prints = Blueprints for Healthy Youth Development** provides a registry of evidence-based positive youth development programs designed to promote the health and well-being of children and teens. Blueprints programs are family, school, and community-based and target all levels of need — from broad prevention programs that promote positive behaviors while decreasing negative behaviors, to highly-targeted programs for at-risk children and troubled teens that get them back on track. (From their website) University of Colorado Boulder, Institute of Behavioral Science, Center for the Study and Prevention of Violence.

## 1. Adolescent Coping with Depression (CWD-A)

[http://www.ori.org/files/Static%20Page%20Files/ACWDadolescent\\_workbook.pdf](http://www.ori.org/files/Static%20Page%20Files/ACWDadolescent_workbook.pdf)

**Listing:** NREPP (Positive & Promising Outcomes); SPRC-BPR (previously) and Blue Prints (Promising)

**Description:** This is a cognitive behavioral group intervention that targets specific problems typically experienced by depressed adolescents. These problems include discomfort and anxiety, irrational/negative thoughts, poor social skills, and limited experiences of pleasant activities. CWD-A consists of 16 2-hour sessions conducted over an 8-week period for mixed-gender groups of 4 to 8 adolescents. Each participant receives a workbook that provides structured learning tasks, short quizzes, and homework forms. To encourage generalization of skills to everyday situations, adolescents are given homework assignments that are reviewed at the beginning of the subsequent session.

**Target:** Adolescents aged 14 to 18. CWD-A has been implemented with adolescents in diverse settings including inner-city and rural areas, schools, juvenile detention centers, and State correctional facilities

**Cost:** All materials are available for download and printing at no cost. Training is available from [SAAVSUS](#)

## 2. American Indian Life Skills Development / Zuni Life Skills Development

<https://uwpress.wisc.edu/books/0129.htm>

**Listing:** NREPP (Legacy) and SPRC (Previously)

**Description:** A school-based suicide course for high school students and some middle school students that is designed to reduce suicidal thinking and behavior. Created in collaboration with students and community members from the Zuni Pueblo and the Cherokee Nation of Oklahoma, this curriculum addresses key issues in Native American Indian adolescents' lives and teaches such life skills as communication, problem solving, depression and stress management, anger regulation, and goal setting.

**Target:** Adolescents aged 14 to 19, and has been replicated with middle school students. Urban, rural and/or frontier and tribal.

**Cost:** Manual is available for \$39.95. Training for school staff about \$18,000 for a 3-day training. Contact Teresa LaFromboise, Ph.D., at [lafrom@stanford.edu](mailto:lafrom@stanford.edu).

## 3. Ask About Suicide to Save a Life

<http://www.sprc.org/resources-programs/ask-about-suicide-save-life>

**Listing:**

**Description:** ASK about Suicide to Save a Life is a 1.5 to 4-hour workshop for adults who interact with youth or adults at risk for suicide. The program provides participants with an overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors. Participants are trained to recognize warning signs—behaviors and characteristics that might indicate elevated risk for suicidal behavior—and how to intervene with a person they think might be at risk for suicide.

**Target:** Adults who work with all age youth.

**Content:** Using role-playing, participants practice asking other participants about suicidal thoughts, feelings, and intentions. Participants are trained to respond to someone expressing direct suicidal communication by seeking emergency care. Participants are also trained to gather more information about a person's risk and take action consistent with that risk if they identify a person who is not acutely suicidal. Length of the training depends on which training modules are used.

**Cost:** ASK condensed PowerPoint, 1-hr video, ASK Mobile app tool and ASK 2-page handout available at no cost at [TexasSuicidePrevention.org](http://TexasSuicidePrevention.org). In-person training, expanded versions for targeted groups, and ASK instructor trainings available for a fee. Contact Mental Health America of Texas for more information.

## 4. Break Free From Depression: A Curriculum Addressing Adolescent Depression

<http://www.childrenshospital.org/breakfree>

**Listing:** SPRC-BPR (Previously)

**Description:** A 4-lesson (approximately 4-hour total) classroom curriculum that increases student knowledge of depression and suicide and promotes help-seeking for students in grades 8-12. It was developed by



the Swensrud Depression Prevention Initiative (SDPI) of the Children's Neighborhood Partnerships Program at Boston Children's Hospital.

**Target:** Youth in grades 8-12

**Content:** Curriculum is divided into 4 sessions that can be taught by regular classroom teachers, guidance counselors, adjustment counselors, and/or school nurses. It is strongly recommended that anyone planning to teach the curriculum attend a train-the-trainer workshop offered throughout the school year by the SDPI team.

**Cost:** There is no charge for the materials once the training (also no-cost) has been completed. An online version is expected by Fall 2017.

## 5. Connect®

<http://theconnectprogram.org/>

**Listing:** SPRC-BPR (Previously)

**Description:** Connect® Suicide Prevention/Intervention Training increases the capacity of professionals and communities to prevent suicide across the lifespan. Connect® uses a public health approach and incorporates key elements of the National Suicide Prevention Strategy. Connect uses a unique holistic model and offers a community planning component. Connect®'s curriculum includes how to identify suicide warning signs and intervene with a person at risk. Building on that foundation, Connect® focuses on the community as a whole and how to work across systems to build a safety net for people at risk. A second day optimizes the training by facilitating the development of a suicide prevention plan in the context of the community's resources and culture.

**Target:** High school youth

**Content:** Prevention training – one six-hour day; Planning – one day; Train-the-Trainer – three days.

**Cost:** For prices and more information, please contact Elaine de Mello: [edemello@naminh.org](mailto:edemello@naminh.org)

## 6. Crisis Connections

### a. Riding the Waves

<https://www.crisisconnections.org/riding-the-waves/>

**Listing:**

**Description:** Riding the Waves is developmentally appropriate for 5th grade students and taught by elementary school counselors. Lessons will address healthy emotional development, depression, and anxiety.

**Target:** 5th graders

**Content:** Policies and procedures Skills to identify, explore, and intervene in signs of suicidal thinking Communicating with students' families about depression and suicide Laws and ethics around confidentiality and reporting How to support youth after a suicide loss Another component to Riding the Waves is a parent education handout, which students will take home to share with parents or guardians. They not only summarize the content of that day's lesson, but also encourage parents to talk about and practice the new skills with their children.

**Cost:** \$250

### b. Look, Listen, Link

<https://www.crisisconnections.org/get-training/schools/>

**Listing:**

**Description:** LOOK LISTEN LINK is an evaluated, classroom-based prevention curriculum geared for students in 6th, 7th, and 8th grades. It aims to teach students not only facts about stress, anxiety, depression, and suicide prevention.

**Target:** 6th, 7th and 8th graders

**Content:** Aims to teach students not only facts about stress, anxiety, depression, and suicide prevention, but also practical life skills to help a friend who may be struggling with these issues. The curriculum consists of four 45-minute lessons, designed for middle school teachers to easily embed in their health, social skills, or family life curricula. Students engage in interactive exercises, classroom discussions, role-play practice and observation: COURSE CONTENT INCLUDES Lesson 1: Stress & Anxiety Lesson 2: Dealing with Stress & Anxiety Lesson 3: Teen Depression Lesson 4: Suicide Prevention & Skill Practice A BEST PRACTICE PROGRAM LOOK LISTEN LINK is considered best practice



in the field of suicide prevention. It earned "Best Practice" status from the Suicide Prevention Resource Center. This designation is reserved for programs that have been rigorously reviewed and passed federal standards

**Cost:** \$250

**c. H.E.L.P. (Helping Every Living Person)**

<https://www.crisisconnections.org/get-training/schools/>

**Listing:**

**Description:** H.E.L.P. (Helping Every Living Person) is an evaluated classroom curriculum appropriate for 9th-11th grade students, based on the American Association of Suicidology's "Guidelines for School-Based Suicide Prevention Programs."

**Target:** 9th - 11th graders

**Content:** The curriculum consists of four 45-minute lessons designed for regular classroom teachers to implement using PowerPoint slides. Topics include stress and healthy coping skills, depression and its impact on teens' lives, the causes and warning signs of suicide, and skills to intervene with a friend who may be considering suicide. Activities call for discussion and problem solving, and involve issues that students deal with, such as keeping confidences: COURSE CONTENT INCLUDES Lesson 1: Stress & Anxiety Lesson 2: Dealing with Stress & Anxiety Lesson 3: Teen Depression Lesson 4: Suicide Prevention & Skill Practice A BEST PRACTICE PROGRAM H.E.L.P. is considered best practice in the field of suicide prevention. It earned "Best Practice" status from the Suicide Prevention Resource Center. This designation is reserved for programs that have been rigorously reviewed and passed federal standards.

**Cost:** \$250

## 7. Kognito

<https://kognito.com/>

**a. At-Risk for High School Educators**

**Listing:** NREPP (Legacy) and SPRC-BPR (Previously)

**Description:** A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach high school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services

**Target:** High school faculty, administration and staff

**Content:** Learners assume the role of a teacher concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies to achieve positive outcomes.

**Cost:** Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and districtwide licensing is also available. Contact Kognito for more information.

**b. At-Risk for Middle School Educators**

**Listing:** SPRC-BPR (Previously)

**Description:** A one-hour online interactive gatekeeper training program that utilizes immersive, simulated conversations with students to teach high school educators how to identify students exhibiting signs of psychological distress including anxiety, depression and thoughts of suicide; approach students to discuss their concern; and make a referral to school support services.

**Target:** Middle school faculty, administration and staff

**Content:** Learners assume the role of a teacher concerned about three students. After reviewing their profiles and descriptions of behaviors, they engage in simulated conversations with each student to learn effective strategies to achieve positive outcomes.

**Cost:** Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and districtwide licensing is also available. Contact Kognito for more information.

**c. Friend to Friend**

<http://www.sprc.org/resources-programs/friend2friend>

**Listing:**





**Description:** Friend2Friend is a 25-minute, online, interactive training program for high school students. In the training, users assume the role of a high school student concerned about a friend and engage in a simulated conversation with this friend.

**Target:** High school students

**Content:** Users learn and practice effective conversation strategies for broaching the topic of psychological distress, motivating the peer to seek help, and avoiding pitfalls, such as giving unsolicited advice and criticizing

**Cost:** Dependent upon number of licenses purchases. Can be as low as \$2/person.

**d. Step In, Speak Up! Supporting LGBTQ Students**

**Listing:** SPRC-BPR (Previously)

**Description:** In the training, users assume the role of an educator and engage in scenarios address common challenges affecting educators and their students who may be struggling with psychological distress and suicidal ideation related to harassment or exclusion related to sexual identity, sexual orientation or other differences. By addressing the common challenges facing LGBTQ or other vulnerable students, teachers and staff will create a more supportive academic environment for all students and support prevention and early intervention through effective referrals.

**Target:** Middle and high school faculty, administration and staff

**Content:** 25-minute, online, interactive training simulation intended for use by teachers and school staff.

**Cost:** Sold as an annual license. Individual licenses cost \$28.95 per learner. Building and districtwide licensing is also available. Contact Kognito for more information.

## 8. LEADS for Youth: Linking Education and Awareness of Depression and Suicide

<http://www.save.org/leads>

**Listing:** NREPP (Legacy) and SPRC-BPR (Previously)

**Description:** Designed to increase knowledge of depression and suicide and suicide prevention resources, modify perceptions of depression and suicide, and improve intentions to engage in help-seeking behaviors. The curriculum addresses such topics as depression and its symptoms, the link between depression and suicide, the risk and protective factors associated with suicide, the warning signs, seeking help and overcoming barriers to seeking help, and school and community suicide prevention resources.

**Target:** High school students, grades 9-12.

**Content:** Teachers implement the curriculum for 1 hour a day over 3 days. Each session includes classroom lecture, individual and group activities, and small-group discussions, followed by activities and homework outside of school. The intervention incorporates technology based activities that resonate with youth.

**Cost:** \$125 per unit, available as CD and Teacher's Guide. Additional technical assistance is available upon request.

## 9. Lifelines (Comprised of three unique components)

<http://www.hazelden.org/web/public/lifelines.page>

**a. Lifelines: A Suicide Prevention Program**

**Listing:** SPRC-BPR (Previously)

**Description:** Lifelines educates students on the facts about suicide and students' role in suicide prevention. It provides information on where to find suicide prevention resources in the school and community. Training materials are included for faculty and staff that provide accurate and practical information on identifying and referring students who might be at risk for suicide. Lifelines also includes a presentation for parents that answers questions about youth suicide and prevention, and it involves them in the school's suicide prevention activities. Hazelden Publishing, 2009.

**Target:** Grades: 8 to 12

**Content:** Training for students, administrators, faculty, support staff & parents. Student curriculum 4, 45-minute lessons. Manual, CD-ROM and 2 DVDs

**Cost:** Implementation package, \$235

**b. Lifelines Intervention: Helping Students at Risk for Suicide - Curriculum**

**Listing:** NREPP (Legacy) and SPRC -BPR (Evidence of Effectiveness)



**Description:** Designed to facilitate intervention with, and referral of, potentially at-risk students by providing school resource staff with a manualized approach to the assessment and referral process. Provides clear guidance on how best to involve parents and guardians as partners and explains how to gather collateral information about a student's risk for suicide and address specific topics. Other topics addressed include the challenges presented by bullied students, members of sexual minorities and students in gifted or special education classes. The curriculum is a comprehensive, school-wide suicide prevention program for middle and high schools.

**Target:** Designed for students in grades 8-10 but can be used with students thru 12th grade

**Content:** Manual, CD-ROM and DVD

**Cost:** \$159

**c. Lifelines Postvention: Responding to Suicide and Other Traumatic Death**

**Listing:** SPRC-BPR (Previously)

**Description:** This comprehensive, whole-school, best-practices manual is designed for middle and high school communities. This unique program educates everyone in the school community on how to successfully address and respond to not only suicide, but any type of traumatic death that profoundly affects the school population.

**Target:** Middle and high schools

**Content:** With in-depth references and detailed plans, this resource outlines a response strategy that reflects the challenges schools face in dealing with a death within the school community. Also included are references and support materials that allow school leaders to recognize and reduce the risk of suicide contagion (or "copycat") behavior within the school.

**Cost:** \$119.95

## 10. LivingWorks

<https://www.livingworks.net>

**a. ASIST (Applied Suicide Intervention Skills Training), a Living Works Program**

**Listing:** NREPP (Promising) and SPRC-BPR (Evidence of Effectiveness)

**Description:** A 2-day (required), two trainer skill building workshop that prepares caregivers of all types to provide suicide first aid interventions. As an ASIST-trained first aid intervention caregiver, you will be better able to: identify people who have thoughts of suicide; understand how your beliefs and attitudes can affect suicide interventions; seek a shared understanding of the reasons for thoughts of suicide and the reasons for living; review current risks and develop a plan to increase safety from suicidal behavior for an agreed amount of time; and follow up on all safety commitments, accessing further help as needed.

**Target:** Adults, professionals, volunteers and informal community helpers.

**Content:** Small group discussions, skill practice and video demonstrations.

**Cost:** Depends upon the organization hosting. Materials cost \$41.20 per person.

**b. ASIST the Trainer**

**Listing:** SPRC-BPR (Previously)

**Description:** A five-day (minimum) course that prepares local resource persons to be trainers of the ASIST workshop.

**Target:** Local resource persons to be trainers of the ASIST workshop.

**Content:** Coaching, independent study, group presentations, lectures and seminars.

**Cost:** Training for Trainers (5 days) includes all costs for instructors, materials, and host-site requirements \$2,885.

**c. safeTALK, Suicide Alertness for Everyone, a Living Works program**

**Listing:** SPRC-BPR (Previously)

**Description:** A training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

**Target:** Anyone over age 15 to educate them to assist persons with suicidal ideation to obtain suicide first aid resources (Tell, Ask, Listen, Keepsafe).



**Content:** A half-day alertness training including video clips illustrate alert and non-alert responses; discussion; and practice.

**Cost:** Depends upon the organization hosting. Materials are \$7.75 per person.

#### **d. Living Works Start**

**Listing:** NREPP (Promising) and SPRC-BPR (Evidence of Effectiveness)

**Description:** LivingWorks Start teaches valuable skills to everyone 13 and older and requires no formal training or prior experience in suicide prevention. When you sign up, you'll learn a powerful four-step model to keep someone safe from suicide, and you'll have a chance to practice it with impactful simulations. Safety resources and support are available throughout the program.

**Target:** Adults, youth over the age of 13, volunteers and informal community helpers.

**Content:** Each LivingWorks Start user receives the same core information and skills training, with additional custom content depending on their background, location, and needs.

**Cost:** Depends upon the organization hosting. Materials cost \$27.95 per person.

## **11. Model Adolescent Suicide Prevention Program (MASPP)**

Contact Patricia Serna at 505-699-6625 or pserna@nccbs.org

**Listing:** NREPP (Legacy) and SPRC-BPR (Previously)

**Description:** MASPP is a public health-oriented suicidal-behavior prevention and intervention program originally developed for a small American Indian tribe in rural New Mexico to target high rates of suicide among its adolescents and young adults. The goals of the program are to reduce the incidence of adolescent suicides and suicide attempts through community education about suicide and related behavioral issues, such as child abuse and neglect, family violence, trauma, and alcohol and substance abuse.

**Target:** Ages 6-25

**Content:** Central features of the program include formalized surveillance of suicide-related behaviors; a school-based suicide prevention curriculum; community education; enhanced screening and clinical services; and extensive outreach provided through health clinics, social services programs, schools, and community gatherings and events.

**Cost:** Adolescent Suicide Prevention Manual - free. On-site training is \$750/day plus expenses.

## **12. More Than Sad**

<http://www.morethansad.org/>

### **a. Suicide Prevention Education for Teachers and Other School Personnel**

**Listing:** SPRC-BPR (Previously)

**Description:** Developed by the American Foundation for Suicide Prevention, More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel is designed to help educators better understand suicidal behavior in adolescents, including its causes, treatment and prevention. The program is also suitable for parents and other adults who care for or work with youth.

**Target:** Youth age 14-18, educators and school staff

**Content:** The program is built around two 25-minute DVDs: More Than Sad: Preventing Teen Suicide and More Than Sad: Teen Depression. The latter film, intended especially for teens, is used to show adults how a potentially life-threatening mental disorder can present in teens. Also included are a 42-page instructional manual for program participants and slides for teacher trainers.

**Cost:** Course materials available online-no cost. More Than Sad/Teen Depression 2-part DVD=\$60.

### **b. Teen Depression**

**Listing:** SPRC-BPR (Previously)

**Description:** Developed by the American Foundation for Suicide Prevention (AFSP), More Than Sad: Teen Depression is an original 26-minute film developed for high school-aged audiences. The film features vignettes of four teenage characters whose depression manifests in different ways. Each of the characters is referred to treatment in a different manner—by a parent, by self-referral, by a school counselor, and by a physician. Scenes portraying interactions with mental health professionals are included to demystify treatment.

**Target:** High school students



- Content:** The film is packaged with a Facilitator’s Guide, which provides educators with: recommendations for showing the film in classrooms or other small group settings; information on teen depression and its treatment; frequently asked questions; and a suggested lesson plan with discussion questions and a short quiz (for evaluating students’ knowledge before and after the presentation).
- Cost:** Course materials available online at no cost. More Than Sad/Teen Depression 2-part DVD = \$60.

### 13. Plan, Prepare, Prevent: The SOS® Signs of Suicide Online Gatekeeper Training

<https://www.mindwise.org/suicide-prevention/>

- Listing:** SPRC-BPR (Previously)
- Description:** This is a training module of the larger SOS® Signs of Suicide Prevention Program. It can also be used independently of the SOS® Program. The intended audience for this course is middle and high school staff members, or staff at other organizations looking to deepen their understanding of youth mental health and considering implementing an evidence-based prevention program. The module provides contextual information about mental illness, suicide, and risk and protective factors, and teaches participants to recognize and respond to the warning signs of depression and suicide.
- Target:** Middle and high school staff members
- Content:** The course takes approximately 90 minutes to complete, and has videos and interactive quizzes throughout the three sections. The course offers contact hours for licensure for school nurses, social workers, psychologists, and counselors. It also offers a Certificate of Completion for anyone who finishes the course.
- Cost:** This online training is included in the SOS® Program at no additional charge. Organizations not currently using the SOS® Program may gain free access to the online training.

### 14. QPR: Question, Persuade and Refer

[www.qprinstitute.com](http://www.qprinstitute.com)

#### a. QPR Online Gatekeeper Training

- Listing:** NREPP (Legacy) and SPRC-BPR (Previously)
- Description:** One hour online gatekeeper training covering the common causes of suicidal behavior; the warning signs of suicide; how to Question, Persuade and Refer someone who may be suicidal; and how to get help for someone in crisis.
- Target:** Adults learn to recognize the warning signs of suicide and to question, persuade and refer someone to help.
- Content:** Online materials and quizzes with periodic follow-ups reminding participants to refresh their training online. In-person training also available.
- Cost:** \$29.95 for individual online training; bulk online training and in-person training available for groups.

#### b. QPR Gatekeeper Trainer Certification Course

- Listing:** NREPP (Legacy) and SPRC-BPR (Previously)
- Description:** Certification Self-Study 8 hour course to Teach QPR to their community
- Target:** Community members who want to teach QPR
- Content:** Participants are introduced to the history of suicide, suicide prevention and the spectrum of modern day public health suicide prevention education efforts. The history, background and research support for QPR are reviewed. Participants then learn to market QPR, target potential gatekeepers, and how to teach the QPR curriculum. Participants also learn to deal with pent up audience demand to talk about suicide, survivor issues and how to make immediate interventions and referrals. Each participant has the opportunity for individual rehearsal and practice through role-plays.
- Cost:** \$495 for 3-year certification plus cost of training materials, which can be passed on to the participants.

#### c. QPRT Suicide Risk Assessment and Management Training

- Listing:** SPRC-BPR (Previously)
- Description:** Designed to standardize the detection, assessment, and management of patients at elevated risk for suicidal behaviors in all settings and across the age span.
- Target:** For professionals who may evaluate, assist, counsel or treat potentially suicidal persons, including counselors, psychologists, nurses, and social workers.



**Content:** 8-12 hours online to evaluate, assist, counsel or treat potentially suicidal persons – a tool that is uniquely designed to gather critical information about a person's status at intake and to establish a safety and intervention plan.

**Cost:** Costs vary depending on the type of training. Online course for one person, \$149.

**d. QPR Suicide Triage Training**

**Listing:** SPRC-BPR (Previously)

**Description:** Certification Self-Study 6- 10 hour course to help law enforcement protect and serve suicidal people.

**Target:** This course is for those on the “front lines” of suicide prevention: crisis volunteers and professionals, 911 and 211 operators, I&R workers, clergy, school counselors, case managers, occupational therapists, health care workers or anyone who is likely to come into first contact with someone who may be suicidal. Often times this first contact may be in a clinical care or first responder setting.

**Content:** This interactive course teaches you how to detect and interview people in crisis, how to determine if they are suicidal, how to assess immediate risk of suicide, as well as how to immediately reduce the risk of a suicide attempt or completion through a safety planning and referral process

**Cost:** \$119

**e. QPR School Health Professional Training**

**Listing:** SPRC-BPR (Previously)

**Description:** Certification Self-Study 3 – 4 hours online

**Target:** School health professionals

**Content:** This training program is for School Health Professionals and other counselors who identify, screen and refer at-risk persons for further assessment and care. This course is not a suicide risk assessment training program, but an extended version of the NREPP-listed QPR Gatekeeper Trained for Suicide Prevention best practice program.

**Cost:** \$79

## 15. Real Teenagers Talking about Adolescent Depression: A Video-Based Study Guide

<https://www.erikaslighthouse.org/teen-depression-awareness-classroom-programs/>

### QPR Online Gatekeeper Training

**Listing:** SPRC-BPR (Previously)

**Description:** Developed by Erika's Lighthouse, a suite of programs designed to allow educators to empower teens with an introduction to mental health, depression-literacy, help-seeking and what it takes to promote good mental health. Focused on grades 4-12, these no-cost, skills-based programs use diverse teen voices to spread awareness and reduce stigma.

**Target:** Elementary, Middle school and high school students

**Content:** Program content is based on research that shows that: depression is common among adolescents; it is a major risk factor for youth suicide; it is a diagnosable mental disorder with specific symptoms; it is treatable and friends are often the first to know about a friend's depression.

**Cost:** Video and study guide are available free of charge online.

## 16. Reconnecting Youth Inc.

<http://reconnectingyouth.com>

### a. CAST (Coping and Support Training)

**Listing:** SPRC-BPR (Previously)

**Description:** High school-based suicide prevention program for students who evidence multiple risk factors and few protective factors for suicide and depression, but can be used for all teens. CAST is a small group skills training intervention designed to enhance personal competencies and social support resources. The CAST program goals are to increase mood management, improve school performance and decrease drug involvement.

**Target:** Adolescents aged 14-18 in grades 9-12. Urban and suburban (currently being tested with middle school-aged students). Evaluated with racially and ethnically diverse groups of high school youth at risk of dropping out of school.

**Content:** Twelve, 55-minute group sessions administered over 6 weeks by trained high school teachers, counselors, or nurses with considerable school-based experience.



**Cost:** Curriculum kit - \$425; student notebooks - \$16.00/each; online training \$49/person.

**b. Reconnecting Youth: A Peer Group Approach to Building Life Skills**

**Listing:** NREPP (Legacy) and SPRC-BPR (Previously)

**Description:** Teaches skills to build resiliency against risk factors and control early signs of substance abuse and emotional distress. Eligible students must have either fewer than average credits at their grade level, high absenteeism and a significant drop in grades during the prior semester or a record of dropping out of school. 75 lessons typically taught as a semester-long, for-credit course.

**Target:** Adolescents aged 14 - 19

**Content:** Social and school bonding activities to improve relationship and increase repertoire of safe, healthy activities; development of a crisis response plan detailing the school's suicide prevention approaches; and parent involvement including consent for their teen's participation and ongoing support of their teen's RY goals.

**Cost:** Curriculum kit - \$299.95/each; student workbooks - \$29.95/each; Also available – classroom posters, agenda posters program goals' posters and evaluation materials. Online training \$49/person. Other materials also available.

## 17. Response: A Comprehensive High School-based Suicide Awareness Program

<http://www.columbiacare.org/response.html>

**Listing:** SPRC-BPR (Previously)

**Description:** RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide.

**Target:** High school staff, students and parents

**Content:** Components include: 1) an Implementation Manual with step by step instructions for administrators, 2) a Student Component with 4 50-minute lesson plans, and 3) an In-Service Manual with complete instructions on delivering a 2 hour staff training.

**Cost:** School Kit: \$425, Additional Teacher Manual: \$137.50, Optional Parent Workshop: \$175, Additional In-Service Manual: \$137.50.

## 18. Signs Matter: Early Detection

<https://afsp.org/signs-matter-early-detection>

**Listing:**

**Description:** Signs Matter: Early Detection will show educators how and when to express concern and refer students to counseling staff or administration.

**Target:** School staff

**Content:**

- A close look at the most common mental health problems and how they typically present in a school setting
- Real-world scenarios in an elementary, middle and high school setting to help you better identify students in need of help
- An online evidence-based assessment tool to ensure that all participants have gained an understanding of the material covered
- Resources for understanding a school's role in suicide prevention
- Review of legal requirements for schools to keep in mind

**Cost:** Program Costs (all costs per participant license); \$35 (Individual) / \$25 (50–99) / \$15 (100–199)/\$10 (200–499) / \$6 (500–999) / \$4 (1000 or more)

## 19. Signs of Suicide© (SOS)

<https://www.mindwise.org/suicide-prevention/>

**Listing:** NREPP (Evidence of Effectiveness) and SPRC-BPR (Previously)

**Description:** Programs are depression awareness and suicide prevention programs that can be implemented in one or more classroom periods by existing school staff.

**Target:** Middle and High School (6-12)



- Content:** A two-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult.
- Cost:** High school or middle school kits with DVD and materials for 100 students, \$395.

## 20. Society for the Prevention of Teen Suicide

<http://www.sptsusa.org/>

### a. ACT on FACTS: Making Educators Partners in Youth Suicide

- Listing:** SPRC-BPR (Previously)
- Description:** ACT on FACTS is an updated version of the Best Practices, free, online training for educators Making Educators Partners in Youth Suicide Prevention offered by the Society for the Prevention of Teen Suicide
- Target:** Educators and school staff
- Content:** Two hour online course
- Cost:** No cost - available online from the Society for the Prevention of Teen Suicide

### b. Training of Trainers: Making Educators Partners in Youth Suicide Prevention

- Listing:** SPRC-BPR (Previously)
- Description:** 90 minutes of instruction, trainer manual, flash drive with video clips and other trainer materials, and access to a learning collaborative for ongoing support. This workshop prepares participants to provide Making Educators Partners in Youth Suicide Prevention (MEP). Trainer candidates must complete the two hour online Act on Facts: Making Educators Partners in Youth Suicide Prevention at [www.sptsuniversity.org](http://www.sptsuniversity.org) prior to participating in the Training of Trainers. Up to 30 trainer candidates may participate.
- Target:** Educators and school staff
- Content:** 90 minute online course
- Cost:** No cost - available online from the Society for the Prevention of Teen Suicide

## 21. Sources of Strength

<http://www.sourcesofstrength.org>

- Listing:** NREPP (Legacy) and SPRC-BPR (Previously)
- Description:** A universal suicide prevention program designed to build socioecological protective influences among youth to reduce the likelihood that vulnerable high school students will become suicidal.
- Target:** High School
- Content:** Students are trained as peer leaders and connected with adult advisors at school and in the community. With support from the advisors, the peer leaders conduct well-defined messaging activities intended to change peer group norms influencing coping practices and problem behaviors. It is also designed to modify the knowledge, attitudes and behaviors of the peer leaders themselves.
- Cost:** \$5,000 per school or community team per year (for years 1 and 2 of implementation) plus travel expenses; and \$2,500 per school or community team for year 3 of implementation, plus travel expenses; \$500 annual affiliation fee and on-site regional training \$500-\$1200 per team plus travel. Peer leader guides \$25/ for 50.

## 22. Suicide Prevention among LGBT Youth

<http://www.sprc.org/training-institute/lgbt-youth-workshop>

- Listing:** SPRC-BPR (Previously)
- Description:** Suicide Prevention among LGBT Youth: A Workshop for Professionals Who Serve Youth is a free workshop kit to help staff in schools, youth-serving organizations, and suicide prevention programs take action to reduce suicidal behavior among lesbian, gay, bisexual, and transgender (LGBT) youth. Organizers are welcome to shorten or lengthen the suggested four-hour format.
- Target:** Middle and High school students

- Content:** Topics covered include suicidal behavior among LGBT youth, risk and protective factors for suicidal behavior, strategies to reduce the risk, and ways to increase school or agency cultural competence. The kit contains everything you need to host a workshop: a Leader's Guide, sample agenda, PowerPoint presentations, sample script, and handouts. The workshop includes adaptable lecture, small group exercises, and group discussion.
- Cost:** No charge can be downloaded from the link above.

### 23. The Good Behavior Game: An Effective Classroom Tool for Suicide Prevention

<http://goodbehaviorgame.org/>

- Listing:** NREPP (Legacy)
- Description:** The PAX Good Behavior Game (PAX GBG) is an environmental intervention used in the classroom with young children to create an environment that is conducive to learning. The intervention is designed to reduce off-task behavior; increase attentiveness; and decrease aggressive and disruptive behavior and shy and withdrawn behavior. The intervention also aims to improve academic success, as well as mental health and substance use outcomes later in life. PAX GBG evolved from the original Good Behavior Game developed and studied with fourth-graders in the 1960s.
- Target:** In June 2017, the Injury Control Research Center for Suicide Prevention (ICRC-S) hosted a webinar on the effectiveness of the Good Behavior Game as a classroom tool for suicide prevention.
- Content:** Ages 6-12
- Cost:** Classroom kits cost \$235-\$299, on-site training is \$2,900 per day plus travel

### 24. Yellow Ribbon

[www.yellowribbon.org](http://www.yellowribbon.org)

#### a. Ask 4 Help!

- Listing:** SPRC-BPR (Previously)
- Description:** Developed by Yellow Ribbon, Ask4Help! is a one-hour high school-based curriculum that provides students with knowledge that may increase help seeking for themselves or others.
- Target:** High School students
- Content:** Includes a wallet card that includes: risk factors and warning signs of suicide; school and community referral points; and the National Suicide Prevention Lifeline phone number.
- Cost:** Direct training costs vary depending upon location and number of participants. Program toolkit is available for \$350.

#### b. Be a Link!

- Listing:** SPRC-BPR (Previously)
- Description:** Developed by Yellow Ribbon, Be a Link! is a two-hour adult gatekeeper training. Provides participants with knowledge to help them identify youth at risk for suicide and refer them to appropriate resources.
- Target:** Adults working with youth
- Content:** PowerPoint presentation and a trainer's manual.
- Cost:** Direct training costs vary depending upon location and number of participants. The toolkit is available for \$350.



# I. GUIDELINES & PROTOCOLS

## A. *A Model School Policy*

The Model School District Policy on Suicide Prevention gives educators and school administrators a comprehensive way to implement suicide prevention policies in their local community. In collaboration with the American School Counselor Association, the National Association of School Psychologists, and The Trevor Project, the program is research-based, and easily adaptable for middle and high schools. There are specific, actionable steps to support school personnel; sample language for student handbooks; suggestions for involving parents and guardians in suicide prevention; and guidance for addressing in-school suicide attempts.

In addition to educators and school leaders, school-based mental health professionals such as counselors and psychologists are essential in putting a policy into practice to enhance the whole school environment.

<https://afsp.org/our-work/education/model-school-policy-suicide-prevention/>

## B. *After Rural Suicide: A Guide for Coordinated Community Postvention Response (2016)*

This guide was created to support California's rural counties with developing a formal, locally-controlled, and coordinated effort in responding to the community after a suicide has occurred. The primary audiences are county and local behavioral and public health agencies, law enforcement, and existing suicide prevention coalitions or task forces. Others, such as peer support programs and community-based organizations, may also find it helpful. Although developed for California counties, guidance is applicable to any community planning a response to a suicide or suicides. The Word version is customizable to local rural communities.

<http://www.sprc.org/resources-programs/after-rural-suicide-guide-coordinated-community-postvention-response>

## C. *For Journalists*

The [American Foundation for Suicide Prevention](#) has a number of documents for journalists:

- [Key statistics about suicide across the nation](#)
  - [Recommendations for reporting on suicide](#)
  - [Key briefings for the press on how to report on suicides](#)
- <https://afsp.org/>

The [Colorado Department of Public Health & Environment's, Office of Suicide Prevention](#), also has key information about suicide in Colorado as well as a [media guide](#).

<https://www.colorado.gov/cdphe/categories/services-and-information/health/prevention-and-wellness/suicide-prevention>

## D. *Recommendations for School-Based Suicide Prevention Screening*

These recommendations were developed by the Lessons Learned Working Group (LLWG), a partnership of multiple agencies and key stakeholders in suicide prevention. Available from the Suicide Prevention Resource Center at: [http://www.sprc.org/library\\_resources/items/recommendations-school-based-suicide-prevention-screening](http://www.sprc.org/library_resources/items/recommendations-school-based-suicide-prevention-screening).

## E. *Recommendations for: Youth Suicide Prevention Training For Early Identification and Referral (Gatekeeper Training)*

Developed by the Lessons Learned Working Group (LLWG), this document provides research-based recommendations for those interested in selecting or developing, and then implementing a gatekeeper training program to prevent suicide. Because these recommendations are based on research and evaluation and informed by lessons learned from grantees, the LLWG believes they are likely to improve the effectiveness of gatekeeper training for youth suicide prevention. Available from the Suicide Prevention Resource Center at:

<http://www.sprc.org/resources-programs/recommendations-youth-suicide-prevention-training-early-identification-and>

## ***F. Responding to a Cry for Help: Best Practices for Online Technologies***

Provides recommendations for the development of policies and resources that decrease suicide risk amongst users of online technologies. Officials from online technology companies and suicide prevention professionals created the recommendations, which were further refined through a review of relevant literature and additional expert review. The initial meeting was conducted by Daniel Reidenberg of Suicide Awareness Voices of Education (SAVE) and officials from Facebook, Google, YouTube, Microsoft, Tumblr, Twitter, Wordpress, Yahoo, the National Suicide Prevention Lifeline, the Suicide Research Unit—Medical University of Vienna, and the Substance Abuse and Mental Health Services Administration. Available for no charge at:

<http://www.preventtheattempt.com/>.

## ***G. Talking About Suicide & LGBT Populations Guide***

A community-based resource for talking about suicide in ways that minimize contagion risk while at the same time expanding public conversations about the well-being of lesbian, gay, bisexual and transgender (LGBT) people, promoting the need for family support and acceptance, and encouraging help-seeking by LGBT people who may be contemplating suicide. This guide was created through the collaboration of multiple organizations and is also available in Spanish. It may be downloaded at: <http://www.lgbtmap.org/talking-about-suicide-and-lgbt-populations>.

## ***H. Youth Suicide Prevention, Intervention, and Postvention Guidelines A Resource for School Personnel***

Developed for school personnel in Maine but are suitable for schools anywhere. The manual provides rationale for developing protocols and includes discussion on planning for school-based suicide prevention, intervention and postvention. The manual contains a self-assessment, “Is Your School Prepared to Manage Suicidal Behavior?” and numerous appendices, including sample forms for documentation, announcements, issues to consider when a student returns following a mental health-related absence, media guidelines, and other resources. Available free online at: <http://www.maine.gov/suicide/professionals/program/index.htm>.

## **II. SCREENING TOOLS & TOOLKITS**

### ***A. After a Suicide: A Toolkit for Schools***

This toolkit is an online resource for schools facing the suicide death of a student or other member of the school community. The Toolkit incorporates relevant existing material and research findings as well as references, templates, and links to additional information and assistance. It is available, at no charge, on the websites of the American Foundation for Suicide Prevention and Suicide Prevention Resource Center at: <http://www.afsp.org/preventing-suicide/our-education-and-prevention-programs/programs-for-teens-and-young-adults/after-a-suicide-a-toolkit-for-schools>.

### ***B. Preventing Suicide: A Toolkit for High Schools***

Assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. This Toolkit includes tools to implement a multi-faceted suicide prevention program that responds to the needs and cultures of students. Available at no charge from the Substance Abuse and Mental Health Services Administration (SAMHSA) at: <http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>.

### ***C. Columbia Severity Rating Scale***

The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. Users of the C-SSRS tool ask people:

- Whether and when they have thought about suicide (ideation)
- What actions they have taken — and when — to prepare for suicide

- Whether and when they attempted suicide or began a suicide attempt that was either interrupted by another person or stopped of their own volition  
<http://cssrs.columbia.edu/the-columbia-scale-c-cssrs/about-the-scale/>

### III. ADDITIONAL RESOURCES

#### ***Colorado School Safety Resource Center – Suicide Resources***

<https://www.colorado.gov/pacific/cssrc/suicide>

The CSSRC has a number of suicide resources not listed in this guide.

#### ***Recommendations for Suicide Prevention and Related Risk Behaviors***

<https://www.colorado.gov/pacific/cssrc/suicide>

By Mary Margaret Kerr, Ed.D., Professor of Child Psychiatry, Psychology in Education, and Administrative Policy Studies; Founding Co-Director, Services for Teens at Risk for Suicide (STAR-Center), University of Pittsburgh. Also accessible at this location is a recorded Livestream of Dr. Kerr discussing this report at the Youth Suicide Prevention and Intervention Symposium, November 29, 2012, in Aurora, Colorado.

#### ***Resources to Prevent Suicide Contagion***

The International Association of Suicide Prevention lists a number of resources to prevent suicide contagion and clusters. This website also offers a learning community devoted to the issue of contagion and the latest research available.

[https://www.iasp.info/resources/Clusters\\_and\\_Contagion\\_in\\_Suicidal\\_Behaviour/](https://www.iasp.info/resources/Clusters_and_Contagion_in_Suicidal_Behaviour/)

#### ***Youth Nonideation Suicidality***

<http://livestream.com/CSSRC/YouthSuicide-10-22-13>

By Russell Copelan, M.D., faculty member at Colorado Mesa University. Look at this location to access a recorded Livestream of Dr. Copelan discussing youth nonideation suicidality at the Youth Suicide Prevention and Intervention Symposium, October 22, 2013, in Grand Junction, Colorado. From this site you may also access Dr. Copelan's article, "Adolescent Violence Screening in the Emergency Department," published in the *American Journal of Emergency Medicine* in 2006.

<https://www.colorado.gov/pacific/cssrc/suicide>

### IV. THERAPEUTIC RESOURCES

#### **A. Colorado Crisis Services**

[www.Coloradocrisiservices.org](http://www.Coloradocrisiservices.org)

Phone: **1.844.493.8255 (TALK)** or Text: **TALK to 38255**

**Mission:** This initiative created a foundation for the development of a comprehensive statewide behavioral health crisis care system for individuals, families, and communities. Designed to:

- ✓ Improve access to the most appropriate resources and services as early as possible
- ✓ Decrease the number of unnecessary involuntary civil commitments, utilization of hospital emergency departments, jails, prisons, and homeless programs for individuals experiencing a behavioral health emergency
- ✓ Promote recovery for the individual

**Description:** **Key Service Components – Colorado Crisis Support Services**

**Statewide 24-Hour crisis + support line** – Lines staffed by skilled professionals and Peers to assess and make appropriate referrals to resources and treatment.

**Walk-in crisis services / crisis stabilization unit(s)** – 24 hour Urgent care services with capacity for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide

**Mobile crisis services** – 24-hour Mobile crisis units with the ability to respond within one-hour in urban and two-hours in rural areas to a behavioral health crisis in the community for immediate clinical intervention, triage, stabilization, and connection to services. Four Regions/Statewide



**Crisis Respite/Residential** – A range of short-term crisis residential services (e.g., supervised apartments/houses, foster homes, and crisis stabilization services). Four Regions/Statewide. Check the website or call for more information.

## **B. Colorado Department of Human Services – Office of Behavioral Health, Community Behavioral Health**

<https://sites.google.com/a/state.co.us/cdhs-behavioral-health/home/community-behavioral-health>

3824 West Princeton Circle, Denver, CO 80236-3111

Phone: (303) 866-7400 or outside the metro area: (800) 811-7648

- Description:**
- Provides information regarding mental health services to Coloradans of all ages who do not have mental health insurance coverage or who have Medicaid.
  - Includes information about services provided by:
    - ✓ Community Mental Health Centers
    - ✓ Specialty Clinics
    - ✓ State Mental Health Hospitals (Institutes)
    - ✓ Individual Providers
    - ✓ Residential Placements
    - ✓ Is paid for with state fund dollars, federal grant dollars, state and federal Medicaid dollars, local government dollars, client fees, private insurance funds and private donations and grants.
  - Is monitored by two state agencies: Department of Human Services and Department of Health Care Policy and Financing

## **C. The Second Wind Fund, Inc.**

[www.thesecondwindfund.org](http://www.thesecondwindfund.org)

13701 W. Jewell Ave., Suite 251, Lakewood, CO 80228

Phone: (303) 988-2645

**Mission:** The mission of the Second Wind Fund, Inc. (SWF) is to decrease the incidence of suicide in children and teens by removing financial and social barriers to treatment. SWF has built an innovative program to urgently match children and youth who are at risk for suicide with a therapist in their local community.

**Description:** Second Wind Fund currently includes over half of Colorado's students in our service areas, and we welcome inquiries from school districts who would like to bring Second Wind Fund to their communities. Referrals are normally made through school counselors, social workers and school psychologists whether at public, private, charter, or choice schools, although youth being home-schooled or no longer attending school are also eligible. Call SWF at 303-988-2645 to make a referral or with any questions.