

MENTAL HEALTH MATTERS



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WEBSITE



For additional mental health
resources go to
www.uisd.net/mentalhealth

National & State Resources

National Suicide Prevention Lifeline
1-800-273-8255 or **988**

Crisis Text Line Text **'Hello'** to 741741

Trevor Lifeline Text **'START'** to 678678 or 1-866-488-7386

Alliance for Safe Kids (ASK)
<http://allianceforsafekids.org>

National Youth Crisis Hotline 1-800-448-4663

Jason Foundation
<http://jasonfoundation.com>

Substance Abuse & Mental Health Services
www.samhsa.gov/prevention

Texas Education Agency-Suicide Prevention,
Intervention & Postvention
<https://tea.texas.gov/about-tea/other-services/mental-health/suicide-prevention-intervention-and-postvention>



United Independent School District
Psychological Services
4410 State Highway 359
Laredo, Texas 78043
Ph: 956.473.2047

MENTAL HEALTH MATTERS

A Comprehensive Suicide Prevention Program

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It is the policy of United ISD not to discriminate on the basis of race, color, national origin, sex, handicap in its programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.



The goal of United Independent School District (UISD) is to assist students achieve academic success by fostering protective factors that address their social and emotional needs. UISD's overarching goal is to identify at-risk students, reduce suicide attempts, and prevent a death by suicide.

In collaboration with the Licensed Specialists in School Psychology (LSSPs), United ISD has developed a comprehensive suicide prevention program that is multifaceted.

Research indicates that a comprehensive suicide prevention program must include prevention, intervention and postvention.

Prevention

- Develop a school policy that includes best practices that addresses suicidal behavior
- Teach EVERYONE (Students, Parents, Educators, & Staff) about suicide warning signs and risk factors
- Implement Social and Emotional Learning (SEL) curriculum
- Improve knowledge of mental health and help-seeking behaviors, i.e., telling a trusted adult
- Create a positive school environment that fosters connectedness to school, educators, and peers

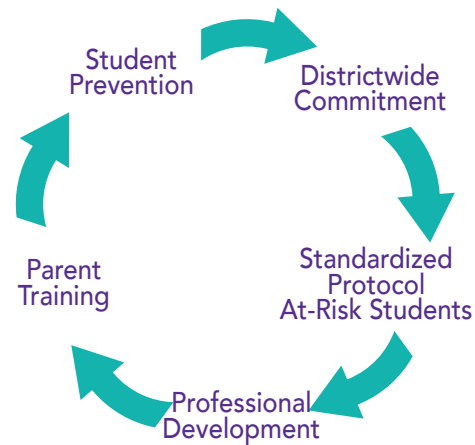
Intervention

- Implement an evidenced-based program
- Conduct Risk Assessments on students with suicide ideations
- Provide multi-tiered system of supports (MTSS)
- Facilitate collaboration between family-school-community

Postvention

- Establish procedures before a crisis occurs
- Respond immediately to prevent suicide contagion
- Prevent glorifying suicide attempts or deaths by suicide

United ISD Suicide Prevention: A 360° Approach



Districtwide Commitment

- Buy-in from district leadership, i.e., Board of Trustees, Superintendent, Leadership Team, Administrators, and Educators

Standardized Protocol

- District manual that delineates all procedures for students exhibiting suicidal behavior

Professional Development

- Multiple opportunities to learn suicidal warning signs, risk factors, and procedures to follow for at-risk students

Parent Training

- Multiple opportunities to teach about mental health, suicide prevention, positive parenting strategies, and how to seek help.

Student Prevention

- Evidenced-based program that teaches students suicide warning signs in themselves or others, help-seeking behaviors, and reporting concerns to a trusted adult.

Starting a Comprehensive Suicide Prevention Program

Dialogue with key stakeholders

- Board of Trustees, Superintendent and Leadership Team

Identify District Mental Health Professionals

- School Counselors, School Psychologists, and Other School-Based Mental Health Professionals

Standardized Protocol for At-Risk Students

- Must include all steps to follow and resources

Continuous Program Evaluation

- Ensure procedures are monitored and followed across the school/district
- Implement interventions with fidelity
- Utilize data-based decision making

Professional Development

- Offer multiple opportunities for professional development
- Include all staff, i.e., teacher assistants, custodial, cafeteria, and substitute teachers

Parent Training

- Educate parents in mental health awareness and suicide prevention
- Consider cultural and linguistic needs of parents/families

Collaborate with Community-Based Mental Health Services