

October Suicide Prevention Newsletter





Utah State Board of Education

[Contact Us](#)

USBE Prevention Team

cathy.davis@schools.utah.gov

Subscribe to be on our [Suicide Prevention ListServ](#) using the Utah Education Network (UEN) Mailing List

To request training, submit a request to the [FY24-25 LEA Training Request Portal \(TRP\)](#)



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Utah State Board of Education

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OCTOBER

NATIONAL
**BULLYING
PREVENTION
MONTH**

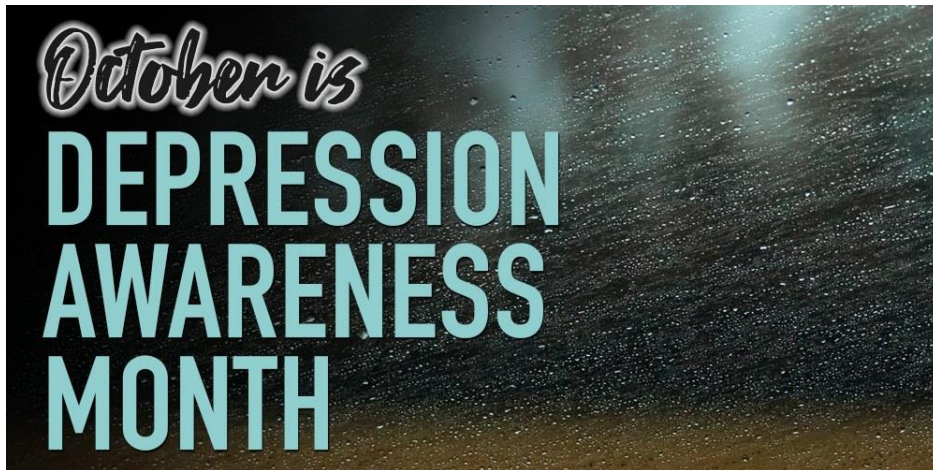


**SUBSTANCE USE
PREVENTION MONTH**



Telling the Prevention Story

SAMHSA
Substance Abuse and Mental Health
Services Administration



Prevention Block Grant

The **2024-2026 Prevention Block Grant** has been released in Utah Grants. This is a two-year grant cycle. LEAs may use **Prevention Block Grant Funding** from H.B. 16 (2023) when awarded through USBE, to carry out prevention activities, including prevention-focused Parent Seminars as described in Subsection 53G-9-703(2). Keep in mind, **food** is not an allowable expense.

[2024-2026 Prevention Block Grant](#)

[FY25 Prevention Block Grant and Substance Use Grant Webinar 8.5.24](#)

September 16, 2024 Application released in Utah Grants

October 16, 2024 Applications are due in Utah Grants

November 18, 2024 Award notifications to grantees



Suicide Prevention Grant Funds



Youth Suicide Prevention Grant funds, **\$1,000 per school**, will be distributed to LEAs on the **October allotment memo (October 31, 2024)**. In accordance with Utah Code 53G-9-702 (7)(c)(i)(ii): "A school shall use money allocated to the school under Subsection (7)(b) to implement **evidence-based practices and programs, or emerging best practices and programs, for preventing suicide**. (ii) Each school may select the evidence-based practices and programs, or emerging best practices and programs, for preventing suicide that the school implements."

NEW Suicide Prevention Training CANVAS Course



During the 2024 Utah Legislative Session, **Utah Code 53G-9-704 Youth suicide prevention training for employees** was updated to read: (1) "A school district or charter school shall require a licensed employee to complete professional development training on youth suicide prevention every three years."

Course Registration and Information

- If you already have a USBE Canvas account, go to **Enroll** in [Suicide Prevention Training 2024-2025](#).

- If you do not have a USBE Canvas account, go to [Create a CANVAS Account](#).
1. Click on **I'm a Student**.
 2. Enter the Join Code **HAF66F**
 3. Complete the **Student Sign Up Form**.
 4. Check that you agree to the terms, and then click on **Start Learning**.

Training Opportunities



Please join us for the upcoming webinar on:

Wednesday, October 16, 2024

Increasing Student Attendance with USBE Prevention Specialist, Garrett Russell

[Increasing Student Attendance Webinar Registration](#)

"Student attendance impacts student success in academics and achievement, language development, social development, and future career."



Prevención del Suicidio para las comunidades latinx

Esta presentación cubrirá lo que sabemos sobre la salud mental y el suicidio, la investigación más actualizada sobre la prevención y lo que todos podemos hacer para ayudar a salvar vidas.

Los participantes aprenderán sobre los factores de riesgo más comunes y las señales de advertencia en las comunidades latinx e hispanas, así como la forma de mantenernos a nosotros mismos, a nuestros seres queridos y a los de nuestra comunidad a salvo.

Fecha y Hora

Ubicación

Regístrese en:

Facilitado por los fondos recaudados por La American Foundation for Suicide Prevention - Utah Chapter



Please join us for **AFSP's Talk Saves Lives virtual training in Spanish on Thursday, October 24, 2024** presented by **Sergio de Chazal, Spanish Language Programs Manager for the American Foundation for Suicide Prevention**. **Certificates of training** will be provided.

Para las comunidades latinx e hispanas: *Esta presentación cubrirá lo que sabemos sobre la salud mental y el suicidio, la investigación más actualizada sobre la prevención y lo que todos podemos hacer para ayudar a salvar vidas. Los participantes aprenderán sobre los factores de riesgo más comunes y las señales de advertencia en las comunidades latinx e hispanas, así como la forma de mantenernos a nosotros mismos, a nuestros seres queridos y a los de nuestra comunidad a salvo. Por favor verifique que su email este correcto porque a ese email le enviaremos el Certificado después de hacer el examen. Muchas gracias. **Certificado de Asistencia disponible***

Two webinars will held as a "lunch and learn" and in the evening on **Thursday, October 24th**. Please complete the **Google Form** for the webinar you would like to attend:

12-1 pm: [October 24th 12-1 pm virtual training](#)

7-8 pm: [October 24th 7-8 pm virtual training](#)



In Person QPR Instructor Certification Training

QPR Master Trainers **Andrea Hood** and **Laura Warburton** will be facilitating an in-person [QPR](#) Instructor Certification Training in Salt Lake City on **Friday November 15th (8:30 am to 5:00 pm)**. If you are interested, please submit the registration to both Andrea Hood at ajhood@utah.gov and Dana at QPR Institute dana@qprinstitute.com according to the instructions on the form. The registration form is attached to the email for the October Newsletter.

November 15, 2024

8:30am-5:00pm

Cannon Building

288 North 1460 West

Eight hour training, all materials included, 3 year certification – (\$595.00 + \$16.95)

\$611.95 per person.


Prepayment and registration are required by October 30, 2024

Late registrations - \$651.50

Here is some additional information you might want to know:


1. **There will be 2 hours of required pre-work to be completed on your own before November 15th.**

2. You will be responsible to cover the costs of providing QPR booklets to all participants you train in QPR. The cost is approximately \$3.00 per person.



Rocky Mountain
Suicide Prevention Conference

FEATURING SPEAKERS:



FRANK ZENERE
National committees overseeing school safety policies and procedures - Crisis responder and service provider in Turkey, El Salvador, Haiti, Sri Lanka, Puerto Rico, Serbia, New York City / 9-11, Sandy Hook, Florida, New Orleans, Uvalde Texas - Former Chair of the National Assoc. of School

SCOTT POLAND
Professor at the College of Psychology and the Director of the Suicide and Violence Prevention Office for NSU Florida - licensed psychologist - author - expert on school safety, youth suicide, and school crisis prevention/intervention - Founding member of the National Emergency Assistance Team

Rocky Mountain Suicide Prevention Conference

December 9-10, 2024

Utah County Convention Center; Provo, UT

Click [HERE](#) to register

Included in the registration:

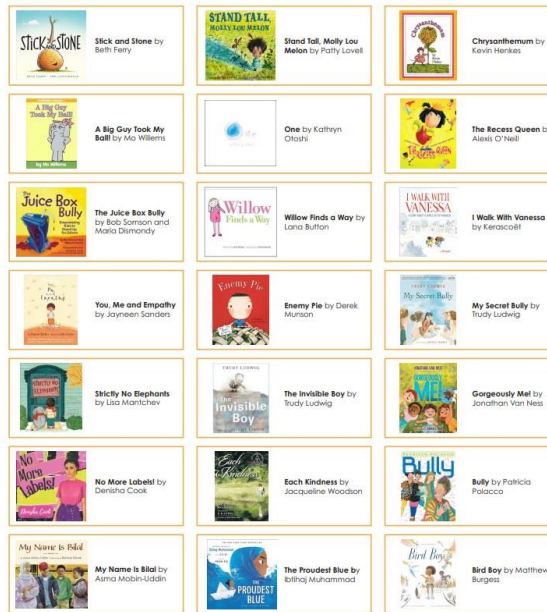
- CEU certificate
- Continental breakfast both days
- Hot plated lunch both days
- Afternoon snack both days
- Mental health vendors
- Exceptional keynote speakers and breakouts

Bullying Prevention Month

October is Bullying Prevention Month, a time to raise awareness, promote kindness, and stand up against bullying to create safer, more supportive environments for everyone. **Check out** the "anti-bullying" reading list to use in the classroom and at home:

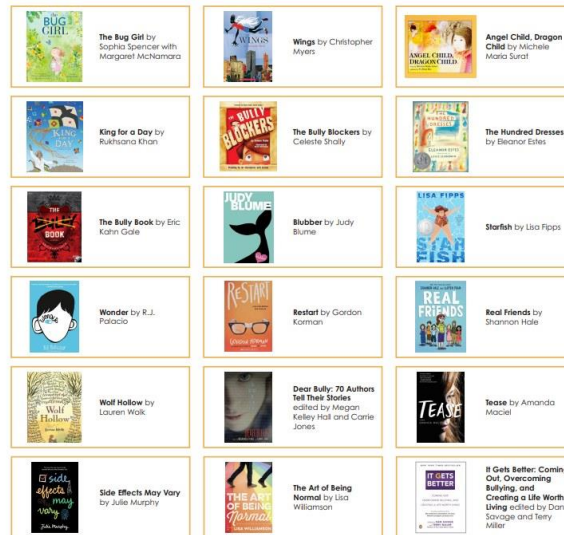
[39 Anti-Bullying Books All Grade Levels](#)

39 Anti-Bullying Books for All Grades



© We Are Teachers. Teachers may make copies of this for school and classroom use.

Anti-Bullying Reading List



Depression Awareness Month

If you or someone you know is in emotional distress or suicidal crisis, please call or text the Suicide and Crisis Lifeline at **988** in the USA. Or, contact the Crisis Text Line by texting **TALK** to **741741** for help in **English** and **AYUDA** to **741-741** for assistance in **Spanish**. **ASL** callers can call **1-800-273-TALK (8255)** from their videophone to reach **ASL** services.

[5 Ways School Counselors Can Promote Mental Health](#)







National
**Mental
Illness**
Awareness
Week



**Virtual Event: Using School
Wellness Centers To Address
the Emotional Needs of Students**

W/ Jennifer Bitton, Assistant
Principal, Lehi High School, Utah



[Using School Wellness Center to Address the Emotional Needs of Students](#)

Listen as AnneMoss Rogers interviews **Jennifer Bitton**, Assistant Principal of Lehi High School in Lehi, Utah about the proactive approach used when designing and implementing her school's Wellness Center in this Q&A style webinar.

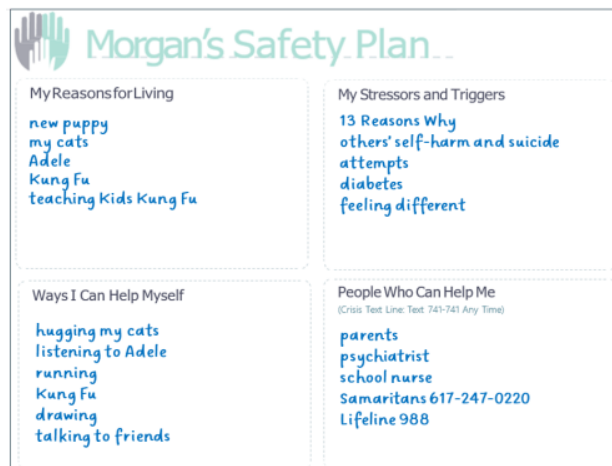
Focus on Safety Planning

Research studies have shown a [strong evidence base](#) for safety planning in a suicidal crisis.

Safety planning calls for identifying six crucial pieces of information:

- 1) Warning signs of a suicidal crisis
- 2) Coping strategies to use
- 3) Friends to turn to
- 4) Family members/adult figures to reach out to
- 5) Mental health providers, hotlines, or other resources to contact
- 6) Ways to remove lethal means from the home.

Kimberly O'Brien, PhD, LICSW explores the components of Safety Planning for students experiencing suicidal thoughts in the following article: [Helping Teens With Suicidal Thoughts Make A Safety Plan](#)



The image shows a sample safety plan titled "Morgan's Safety Plan" with a logo of a hand with green fingers. It is divided into four quadrants:

My Reasons for Living	My Stressors and Triggers
new puppy my cats Adele Kung Fu teaching Kids Kung Fu	13 Reasons Why others' self-harm and suicide attempts diabetes feeling different
Ways I Can Help Myself	People Who Can Help Me
hugging my cats listening to Adele running Kung Fu drawing talking to friends	(Crisis Text Line: Text 741-741 Any Time) parents psychiatrist school nurse Samaritans 617-247-0220 Lifeline 988

1 - Sample Safety Plan

SAFETY SCALE					
SAFE			UNSAFE		
1	2	3	4	5	6
How I feel: Awesome	How I feel: Good	How I feel: Could be better, could be worse	How I feel: Sad	How I feel: Really sad	How I feel: Suicidal Depressed Worthless
How I act: Very happy	How I act: Happy	How I act: Normal	How I act: Normal	How I act: Depressed	How I act: Slow, quiet or screaming
What I need: My cats	What I need: My cats	What I need: To be left alone, my cats	What I need: To be left alone, friends, my cats, therapist	What I need: A hug, my cats	What I need: Hospital - this is an emergency!

2 - Sample Safety Scale

Morgan's Safety Plan

<p>Morgan's Stressors and Triggers</p> <ul style="list-style-type: none"> 13 Reasons Why Others' self-harm and suicide attempts Diabetes Feeling different 	<p>How I Can Keep the Home Safe</p> <ul style="list-style-type: none"> Lock up medications, insulin, sharps, chemicals, alcohol Supervise insulin administration Continue to keep firearms out of home
<p>What Morgan Can Do</p> <ul style="list-style-type: none"> Hugging cats, listening to Adele, running, Kung Fu, drawing, talking to friends <p>What I Can Do</p> <ul style="list-style-type: none"> Take control over Morgan's diabetic care Purchase lock box for refrigerator 	<p>People Who Can Help Me</p> <ul style="list-style-type: none"> Morgan's grandparents Morgan's psychiatrist Samaritans 617-247-0220 Lifeline 800-273-8255 Parent Hotline 800-840-6537

3 - Sample Parent Safety Plan

[Suicide Grief Resources for Schools](#) details the resources available for the grief surrounding suicide.

Substance Use Awareness Month





SUBSTANCE USE PREVENTION MONTH

OVER 3/4 OF YOUTH DON'T USE SUBSTANCES.

Most youth (age 12-17) have never used alcohol, nicotine, or illicit drugs in their lifetime.

- **78%** have never used alcohol
- **80%** have never used nicotine products (tobacco or nicotine vaping)
- **79%** have never used illicit drugs (including marijuana)

Source: 2023 National Survey on Drug Use and Health (rounded to whole numbers)

- Prevention strengthens protective factors and reduces risk factors in individuals, families, schools, communities, and society.
- Prevention helps us get ahead of substance use and mental health challenges — so that youth, families, and communities can thrive.

[Substance Use Awareness Month Toolkit](#)

[Utah PTA Red Ribbon Week Toolkit](#)

Contact Us

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801.538.7861

cathy.davis@schools.utah.gov

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2024 National Strategy for Suicide Prevention

To those we have lost to suicide,

To those who struggle with thoughts of suicide,

To those who have made a suicide attempt,

To those caring for someone who struggles with thoughts of suicide,

To those left behind after a death by suicide,

To those in recovery, and

To all those who work tirelessly to prevent suicide

and suicide attempts in our nation every day.

We believe that we can, and we will make a difference.
