

# September Suicide Prevention Newsletter



**Utah State Board of Education**

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*August 30, 2024*

*Utah State Board of Education*

*Suicide Prevention*

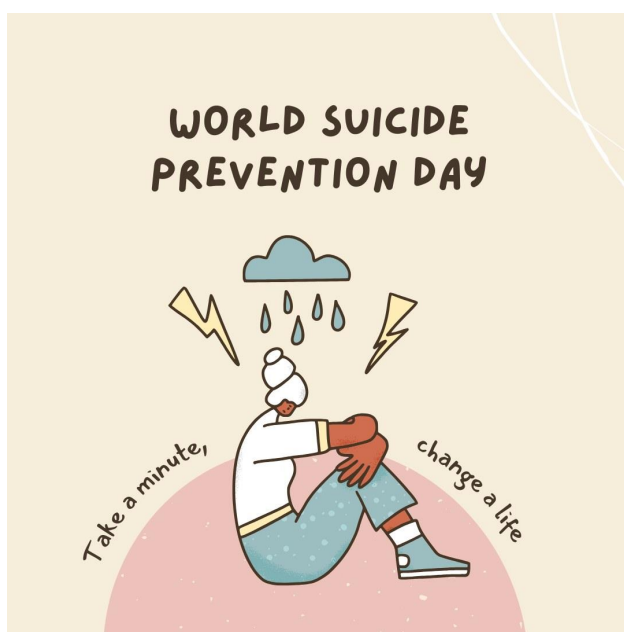
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Contact Us



Utah State  
Board of  
Education

Prevention and  
Student Services



**Utah State Board of Education**

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**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 \(TRP\)](#)

*We can all help prevent suicide. Raise awareness of suicide prevention during **September, National Suicide Prevention Month***



In This Issue





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In this issue, find resources and events to support your prevention efforts.

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## WELCOME BACK

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*Dear Friends,*

*As National Suicide Prevention Awareness Month approaches, we are reminded of the importance of **hope**. This month represents hope: hope as we create more awareness around suicide, hope found in the resources available, and hope as we see the stigma around addressing suicide decrease. Together, we can make a difference and bring hope to those who need it most.*

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## Prevention Block Grant

### [2024-2026 Prevention Block Grant](#)

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.

### [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

## 2024-2025 Prevention and Protective Factor Webinar Series

### **2024-2025 Prevention and Protective Factors Trainings**

Please join the **USBE's Prevention Team's Prevention and Protective Factors Lunch and Learn** webinar series held monthly via Zoom from 12:00 pm - 1:00 pm. The full series of trainings can be found [here](#).

**September 25, 2024**

**Youth Suicide Research** with Dr. Michael Staley, Utah Suicide Prevention Research Coordinator

[Dr. Michael Staley Registration Link](#)



## Suicide Prevention Training Opportunities



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*Suicide rates are increasing among teens and young adults, including athletes. **VitalCog Training** focuses on suicide prevention for athletic staff who interface with student athletes. The goals of this training are:*

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- *To promote critical thinking about suicide prevention.*
    - *To open dialogue about mental health.*
  - *To promote help-seeking and help-giving behaviors.*
- 



1 - [Registration Link for Vital Cognition Athletics Training for Trainers](#)

**Registration goes live on September 3, 2024.**

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### ***Vital Cognition Athletics T4T***

***DATE and TIME:*** *Wednesday, January 8, 2025, 9 am - 4 pm MST by the Utah Office of Substance Use and Mental Health*

***LOCATION:*** *Online*

***ABOUT THIS EVENT:*** *This training gives participants the tools to deliver the 2-hour VitalCog Athletics training in the community. After completing the course, trainers are able to give participants the tools to identify people at risk and respond to a crisis.*

*Includes:*

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- *8-hour T4T session*
- *Trainer Toolkit*
- *VitalCog PowerPoint*
  - *Workbook*

- *Access to Trainer Portal*
  - *VitalCog Wallet Card*
  - *VitalCog Magnet*
  - **[Registration Link for VitalCog T4T](#)**
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### ***Creating Safety Training***

***'Creating Safety'*** is a comprehensive suicide prevention skills training designed for non-clinical professionals such as school counselors, case managers, and certified peer support specialists. The curriculum includes videos, role plays, and instruction to help participants build skills and confidence in recognizing the warning signs of suicide, using the C-SSRS screening tool to triage a person at risk of suicide, doing a high-quality safety planning intervention and counseling on access to means, and providing follow up services or caring contacts. These brief interventions are evidence-based ways to prevent suicidal behaviors and reduce suicidal distress. Upon completing this Training of Trainers, participants will be certified to deliver the 4-hour training to others.

*As the Utah Office of Substance Use and Mental Health generously offers this training, it is completely free for the public, demonstrating our commitment to suicide prevention and the value we place on your participation.*

***Creating Safety Training of Trainers***

***DATE and TIME: Friday, September 6, 2024; 9 am - 3:30 pm***

***LOCATION: Online***

***Register: [Creating Safety Training of Trainers Tickets, Fri, Sep 6, 2024 at 9:00 AM | Eventbrite](#)***

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Upcoming Events and Conferences

**43**

*2 - 43rd Utah Fall Conference on Substance Use*

**[2024 Utah Fall Conference on Substance Use](#)**

Sponsored by the Utah Office of Substance Use & Mental Health, the 43rd Utah Fall Conference on Substance Use explores the latest in substance use prevention, recovery, wellness, treatment, complementary approaches, research, and much more!

**DATES: October 23-25, 2024**

**CONFERENCE VENUE: Dixie Convention Center; 1835 Convention Center Drive; St. George, UT**

**UTAH Principles of Prevention Conference (PoP-Con):** Held the day before Utah Fall Conference on Substance Use. This year's theme is on YOUTH.

- Tuesday, October 22, 2024
- 8:00 am - 4:30 pm
- Dixie Convention Center; 1835 S. Convention Center Drive; St. George, UT
- Register using the [2024 Utah Fall Conference on Substance Use](#) link.

**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 Psychologists

**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 • multiple awards



 Monday December 9  
Tuesday December 10,  
2024

 The Utah Valley  
Convention Center  
220 W Center St, Provo,  
Utah 84601

 Provo Marriot Hotel  
offering discounted rate.



**SAVE THE DATE:**

**23rd Rocky Mountain Suicide Prevention Conference**

**December 9 and 10, 2024**

**Utah County Convention Center**

**Provo, UT**

[Click for Special Room Rate at the Provo Marriott](#)



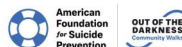
**We are joining thousands of teams across the country to help save lives and bring hope to those affected by suicide.**

**Join us for a walk near you!**

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- Salt Lake City Walk - 9/7/24 - Veteran's Memorial Park, West Jordan - [afsp.org/slc](https://afsp.org/slc)
  - Cedar City Walk - 9/14/24 - Main Street Park, Cedar City - [afsp.org/cedarcity](https://afsp.org/cedarcity)
  - Southeast Utah Walk - 9/14/24 - Price Peace Gardens, Price - [afsp.org/price](https://afsp.org/price)
  - Northern Utah Walk - 9/14/24 - Mantua Reservoir, Mantua - [afsp.org/northernut](https://afsp.org/northernut)
  - St. George Walk - 9/21/24 - Sullivan Virgin River Park, Washington - [afsp.org/stgeorge](https://afsp.org/stgeorge)
  - Vernal Walk - 9/21/24 - Colton Pavilion, Vernal - [afsp.org/vernal](https://afsp.org/vernal)
  - Central Utah Walk - 9/28/24 - Lions Park, Richfield - [afsp.org/centralutah](https://afsp.org/centralutah)



[afsp.org/utahwalks](https://afsp.org/utahwalks)



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***Out of the Darkness Community Walks:*** Walk with us during the month of September to help save lives and bring hope to those affected by suicide. Join us for a [walk](#) near you.

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## Live on License Plates Available



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*Suicide prevention is something each and every one of us can do. A license plate not only supports suicide prevention in Utah, it also tells everyone who sees your vehicle that they can do something too.*

*Again, thank you for your patience, and thank you for supporting suicide prevention. If you'd like to learn the skills to prevent suicide and how you can make a difference in the lives of those around you, visit [www.liveonutah.org](http://www.liveonutah.org) and complete one of three playbooks:*

*The Playbook, Live On Latino or the Military Playbook.*

*The plate is available online at <https://dmv.utah.gov/plates>. If you'd like a personalized plate, this is where you order it as well.*

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## Zero Suicide Video: *After Your Child's Suicide Attempt*

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***Helpful resources for parents***

## [Zero Suicide Resources for Children and Youth](#)

### ***Parents to Parents: After Your Child's Suicide Attempt***

*Parents to Parents: After Your Child's Suicide Attempt is informed by interviews with parents and experts. The video resource was created jointly by EDC's Zero Suicide Institute and [Parents to Parents](#), a non-profit organization that offers resources to caregivers whose child is struggling with mental health challenges or concerns. This film was made possible in part by the generous support of the [Four Pines Fund](#).*

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### ***About the Video***

*Right after a child makes a suicide attempt can be a deeply confusing, scary, and emotional time for parents and families. Understandably, parents may have a lot of questions or concerns. While health care professionals, school leaders, and others may have addressed many questions, often hearing directly from parents who have been there can be especially supportive.*

### [Playlist](#)

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## AFTER YOUR CHILD'S SUICIDE ATTEMPT

FULL MOVIE

3 - [Zero Suicide After Your Child's Suicide Attempt FULL MOVIE](#)

## Suicide Prevention Month Toolkits and Resources

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*September is National Suicide Prevention Month. This is a time to remember the lives lost to suicide, acknowledge those who have experienced suicidal thoughts, and the individuals, families, and school communities that have been impacted by suicide. We hope to raise awareness about suicide prevention and share messages of hope.*

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### SUICIDE WARNING SIGNS FOR YOUTH

It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
  - Withdrawal from or changing social connections/situations.
  - Changes in sleep (increased or decreased).
  - Anger or hostility that seems out of character or out of context.
  - Recent increased agitation or irritability.

#SUICIDEPREVENTIONMONTH | #SPM24

SAMHSA



MANY FACTORS AFFECT MENTAL HEALTH, SUCH AS:

- ENVIRONMENT
- RELATIONSHIPS
- PHYSICAL HEALTH
- STRESS
- GENETICS
- DIET
- SUBSTANCE USE
- TRAUMA

 American Foundation for Suicide Prevention

**REMINDER:  
THERE IS NO  
SINGLE CAUSE  
FOR SUICIDE**



TEND TO YOUR  
MENTAL HEALTH  
GARDEN



@comicbookheart

@afspnational

you  
are  
not  
alone



American  
Foundation  
for Suicide  
Prevention

IF YOU'RE STRUGGLING,  
HELP IS AVAILABLE



American  
Foundation  
for Suicide  
Prevention



[Successful Parent Seminars](#)

[SafeUT Coloring Page](#)

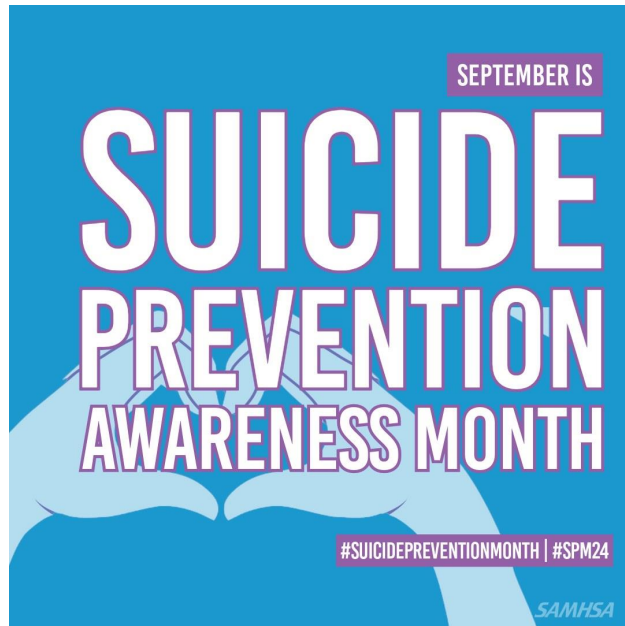
[AFSP Social Shareables](#)

Restricting Access to Lethal Means

[Firearm Safety English](#)

[Firearm Safety Spanish](#)

[Creating Medication Safe Home JED Foundation English](#)



[Suicide Prevention Resource Center Ideas for Action](#)

[2024SAMHSA Suicide Prevention Month Toolkit](#)

[JED Foundation Mental Health Resource Center](#)

[American Foundation for Suicide Prevention UTAH Events](#)

[National Alliance on Mental Illness NAMI Utah](#)

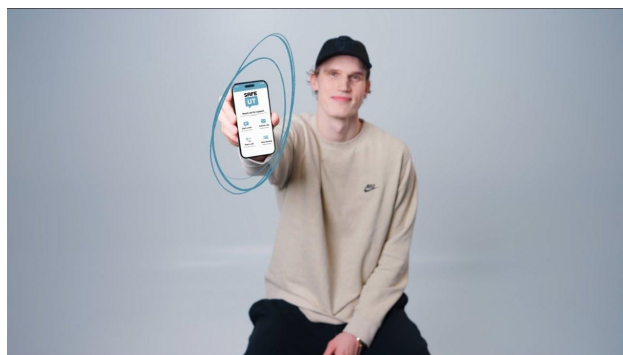
[SAFE UT Resources for Educators](#)

[Mental Health Awareness Education](#)

[DBT in Schools Downloadable Resources for Educators, Counselors, and Parents of Adolescents](#)

[The Jason Foundation](#)

[988 Lifeline Suicide Prevention Month](#)



# SAFE



## SCHOOL SAFETY AND CRISIS

### PREVENTING YOUTH SUICIDE: TIPS FOR PARENTS AND EDUCATORS

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

#### RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

#### WARNING SIGNS

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions
- Talking about death
- Sudden unexplained happiness
- Increased risk taking
- Heavy drug/alcohol use

If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text "HOME" to 741741).

#### ! WHAT TO DO

- Remain calm and nonjudgmental; listen.
- Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Get help! Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult.
- School staff should take the student to a school-employed mental health professional.

#### 👤 REMINDERS FOR PARENTS

- Continue to take threats seriously. Follow-through is important even after the child calms down or informs the parent they "didn't mean it."
- Access school supports. Parents can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.



NATIONAL ASSOCIATION OF  
School Psychologists

For additional guidance, visit  
[www.nasponline.org/safety-and-crisis](http://www.nasponline.org/safety-and-crisis).

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Si usted o algún conocido tiene una tendencia suicida, pida ayuda de inmediato llamando al 911, la Línea Nacional de Prevención del Suicidio al 1-800-273-TALK o la Línea de Mensajes de Texto en Caso de Crisis (envíe "HOGAR" al 741741).

El suicidio puede evitarse. Los jóvenes que consideran el suicidio con frecuencia muestran señales de advertencia. No tema preguntar sobre pensamientos suicidas. Nunca tome las señales de advertencia con ligereza ni prometa guardarlas en secreto.

### Factores de riesgo



- Desesperanza
- Lesión autoinfligida no suicida (p. ej., cortarse)
- Trastornos mentales, especialmente la depresión profunda, pero también el estrés posttraumático, el ADHD y el abuso de sustancias
- Antecedentes de pensamientos y comportamientos suicidas
- Suicidio previo entre compañeros o familiares
- Conflicto interpersonal, estrés/disfunción familiar
- Presencia de un arma de fuego en el hogar

### Señales de advertencia



- Amenazas suicidas en forma de declaraciones directas (p. ej., "Quiero morirme") e indirectas (p. ej., "Quisiera irme a dormir y no despertar")
- Notas, planes y publicaciones en línea suicidas
- Hacer arreglos finales
- Preocupación por la muerte
- Obsequiar posesiones preciadas
- Hablar sobre la muerte
- Repentina felicidad inexplicable
- Mayor toma de riesgos
- Abuso de drogas/alcohol

### Qué hacer



- Conserve la calma, no juzgue y escuche.
- Pregunte de manera directa sobre el suicidio (p. ej., "¿Estás considerando suicidarte?").
- Céntrase en su preocupación por su bienestar
- Evite acusar (p. ej., no diga "No vas a hacer nada estúpido, ¿no?").
- Garantícele que existe ayuda y que no se sentirá de esa manera para siempre.
- Proporcione supervisión constante. No deje al joven solo.
- Elimine los medios con los que podría dañarse, especialmente armas de fuego.
- **¡Pida ayuda!** Nunca acuerde guardar pensamientos suicidas en secreto. Infórmele a un adulto cuidador adecuado. Los padres deberían buscar ayuda en los recursos de salud mental de la comunidad o la escuela lo antes posible. El personal de la escuela debería llevar al estudiante a un profesional de salud mental contratado por la escuela.

### Recordatorios para padres



Luego de que la escuela notifica a los padres sobre el riesgo de suicidio de su hijo y proporciona información para derivarlo, los padres deben:

- **Continuar tomando las amenazas con seriedad.** El seguimiento es importante, incluso si después el joven se calma o informa a los padres que "no lo decía en serio".
- **Acceder al apoyo escolar.** Si los padres no se sienten cómodos buscando ayuda a través de las derivaciones, le pueden dar permiso al psicólogo escolar para que se comunique con la agencia de derivaciones, proporcione información para derivarlo y realice el seguimiento de la visita.
- **Mantener comunicación con la escuela.** Después de una intervención, la escuela también proporcionará apoyo de seguimiento. Su comunicación será importante para garantizar que la escuela sea el lugar más seguro y cómodo posible para su hijo.

Para obtener mayor orientación, visite [www.nasponline.org/safety-and-crisis/suicidprevention](http://www.nasponline.org/safety-and-crisis/suicidprevention)  
 © 2019 Asociación Nacional de Psicólogos Escolares [www.nasponline.org](http://www.nasponline.org)

*"This life. This night. Your story. Your hope. It matters. All of it matters."*

**NO JUDGMENT.  
JUST HELP.**

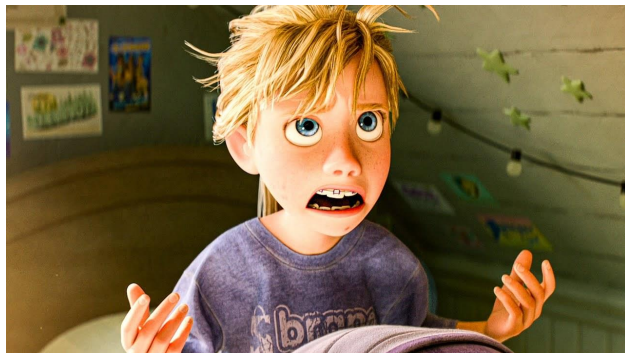
**TEXT, CALL, CHAT**

**988**

## Back To School Resources



*7 - Lisa Damour, Ph.D.*





BACK TO SCHOOL TIPS FROM DR. LISA DAMOUR [LD](#)

In honor of the back-to-school season, here are some practical tips from Dr. Lisa Damour to help students stay organized at school. Check out the [encore Ask Lisa episode](#) on helping kids stay organized at school. Here are the big points to bear in mind:

### **#1 Good routines go a long way**

The most successful students tend to be those who develop reliable routines for keeping track of and doing their school work. Whether they're writing down assignments immediately in class or checking an online portal as soon as they get home, developing consistent habits helps students ensure that nothing slips through the cracks. And when it comes to actually getting the work done, establishing a set time and a distraction-free place for completing homework is usually the best bet.

### **#2 Put technology to good use**

Technological solutions can help keep students organized, especially if using a paper planner isn't their cup of tea. Many tweens and teens make effective use of digital tools like phone reminders, to-do list apps, or digital calendars that sync across devices. Some middle and high school students set up daily reminders to check their assignments or use project-tracking apps to help break down large tasks into manageable steps.

### **#3 "Diagnose" problems before "treating" them**

When kids find themselves missing assignments or struggling to complete their work, before you jump in with suggestions or solutions, help them identify where things are going wrong. Are they failing to turn in assignments because they don't know what's due? Are they missing the notes or other resources they need to complete the work? Do they *do* the work, but then forget

to turn it in? Pinpointing the precise break in the chain of events between receiving an assignment and turning it in will help your student develop an effective, targeted solution.

Tips from Dr. Lisa Damour:

- Tune into the CNN interview about how the themes in *Inside Out 2* can be used to [address back-to-school worries](#).
- Watch the [short video](#) about why psychologists are such huge fans of daily routines.
- Download a free, printable bookmark that summarizes the key research on [How to Do Homework](#). Download [all bookmarks](#)

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