School Safety and Security Specialists

Beyond the Film: A Mental Health Perspective on School Safety

Utah School Safety Center
January 22, 2025 | 2:30 - 3:30 PM

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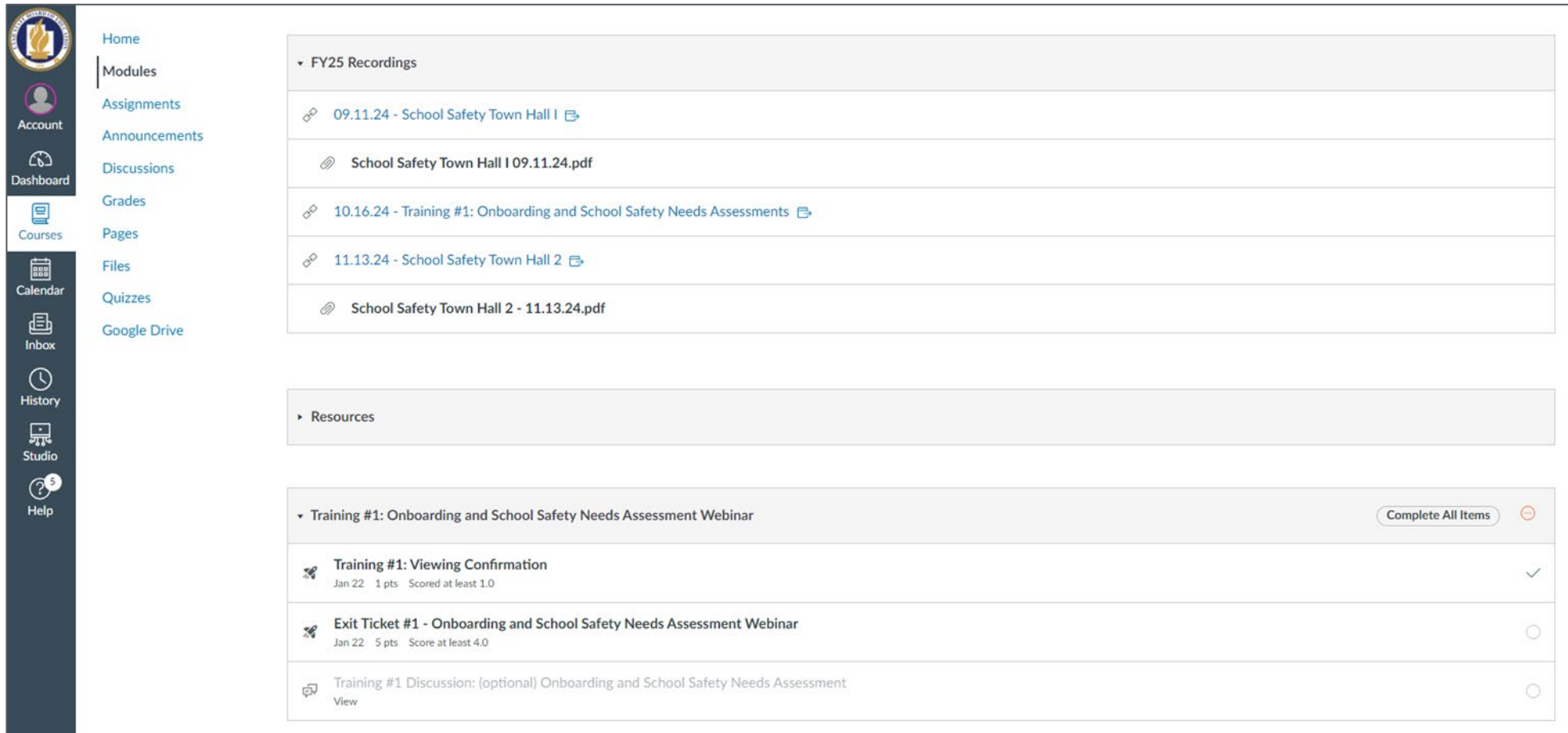
SCHOOL SAFETY CENTER

Welcome!

Please update your Zoom name to **First Name Last Initial, LEA Name**.

- **Save the date**:
  - Training #3: Wednesday, April 23, 2025 | 2:30 - 3:30 PM

- Housekeeping:
  - Throughout our training, Melissa will facilitate all questions in the Q and A feature.

  - Check your SPAM folder for emails from schoolsafetyprograms@schools.utah.gov.

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Agenda

- FY25 School Safety and Security Specialists Canvas Course

- FY25 School Safety and Security Specialist Stipend Information

- A Mental Health Perspective on School Safety

- Resources

- Upcoming Training Opportunities

- Questions

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FY25 School Safety and Security Specialist Canvas Course (1)

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FY25 School Safety and Security Specialist Canvas Course (2)

FY25 School Safety and Security Specialist Stipend Information

- The $3,000 stipend will be dispersed to Specialists through their paycheck.

- Stipend disbursement dates and totals vary by each Local Education Agency (LEA).

- House Bill 335 (2024) requires performance obligations to be met before the total or final stipend payment be reimbursed.

- For more details, follow up with your building principal or LEA School Safety and Security Director.

School Safety
Beyond the Film

A Mental Health Perspective on School Safety

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What does being a teen looks like today?

The Washington Post

Democracy Dies in Darkness

LIFESTYLE

Why aren't teenagers driving anymore?

Parents are baffled as their kids delay or forgo a driver's license

By Caitlin Gibson

February 21, 2023 at 6:00 a.m. EST

High costs shrink size of families: The price of raising kids

The cost of living is a major concern for many Americans. The average American family is having fewer children, and the average cost of child care is around $9,200 per year.

Posted 1:23 p.m. Feb 28 - Updated 5:49 p.m. Feb 28

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MEDICALNEWSTODAY Health Conditions ⌄   Health Products ⌄   Disco

Eco-anxiety: 75% of young people say 'the future is frightening'

Young people carry placards during a climate change march in Kyiv, Ukraine, on September 26, 2021. Yuliia Ovsiannikova/Ukrinform/Barcroft Media via Getty Images

Fentanyl is fueling a record number of youth drug deaths

The new trend has shocked many pediatricians, who say they feel unprepared to provide counseling on opioid addiction.

By Jenna Portnoy and Dan Keating

Report estimates Social Security will go broke by 2035

by Jake Taylor, KUTV | Tue, May 7th 2024 at 11:44 PM

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Gen Z Fears a Military Draft Because of TikTok Misinformation

A bill passed in the House would automate Selective Service registration, which is already mandatory for men aged 18 through 25

BY MILES KLEE

JUNE 18, 2024

Teen Mental Health Crisis Deepens: What to Know

Written by Ken Terry

8 min read

May 7, 2024 – Teen mental health problems have hit a new peak in the U.S., and the gap between the number of teenagers who report conditions like anxiety, depression, and hopelessness and the number of those who receive treatment is increasing.

Surgeon General Issues New Advisory About Effects Social Media Use Has on Youth Mental Health

Surgeon General Dr. Vivek Murthy Urges Action to Ensure Social Media Environments are Healthy and Safe, as Previously-Advised National Youth Mental Health Crisis Continues

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College Tuition Is Out of Control. Voters Want Government to Do Something.

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Communities face rising youth violence across the nation

- Communities across the U.S. are facing a rise in youth violence

- Homicides committed by children under 14 at highest level in two decades

- Experts say gangs are driving the problem and targeting younger kids

School Related Violence Impacting the Health of Youth

- Mass shooting event

- Fighting

- Gang Violence

- Sexual Violence

- Bullying and cyberbullying

- Suicide

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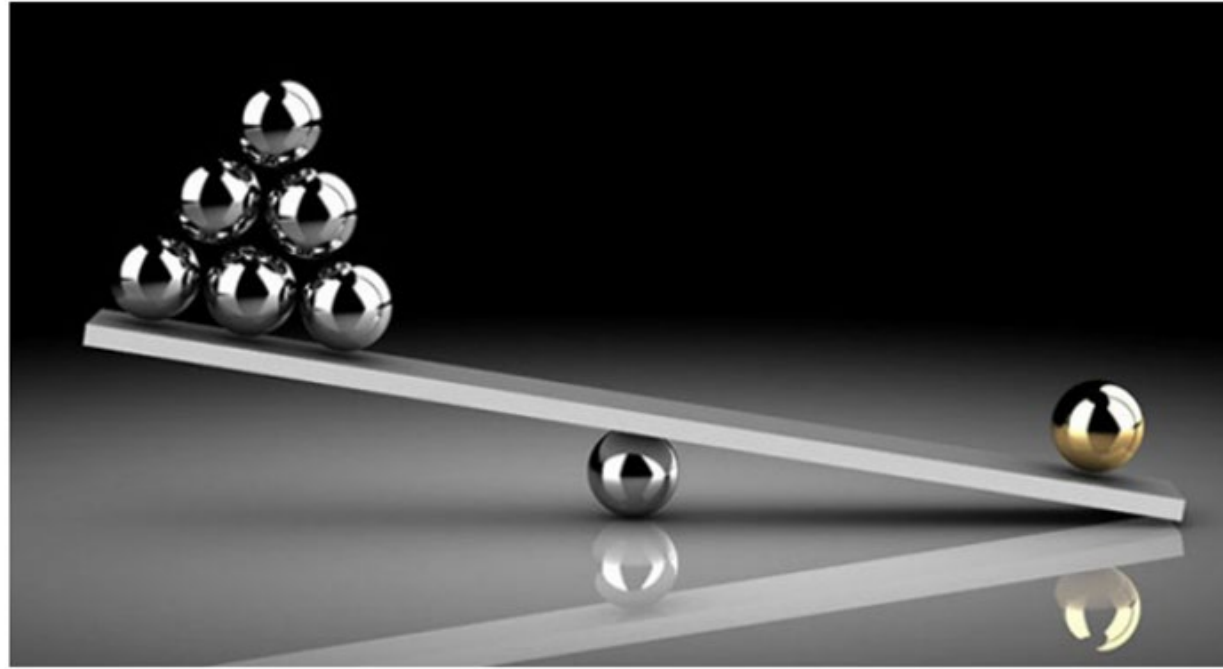
Talking about suicide…

*Slide of Dr. Michael Staley, *Psychological Autopsy Examiner and Suicide Prevention Research Coordinator*

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Suicide Death Rates Among Youth in Utah are Alarmingly High
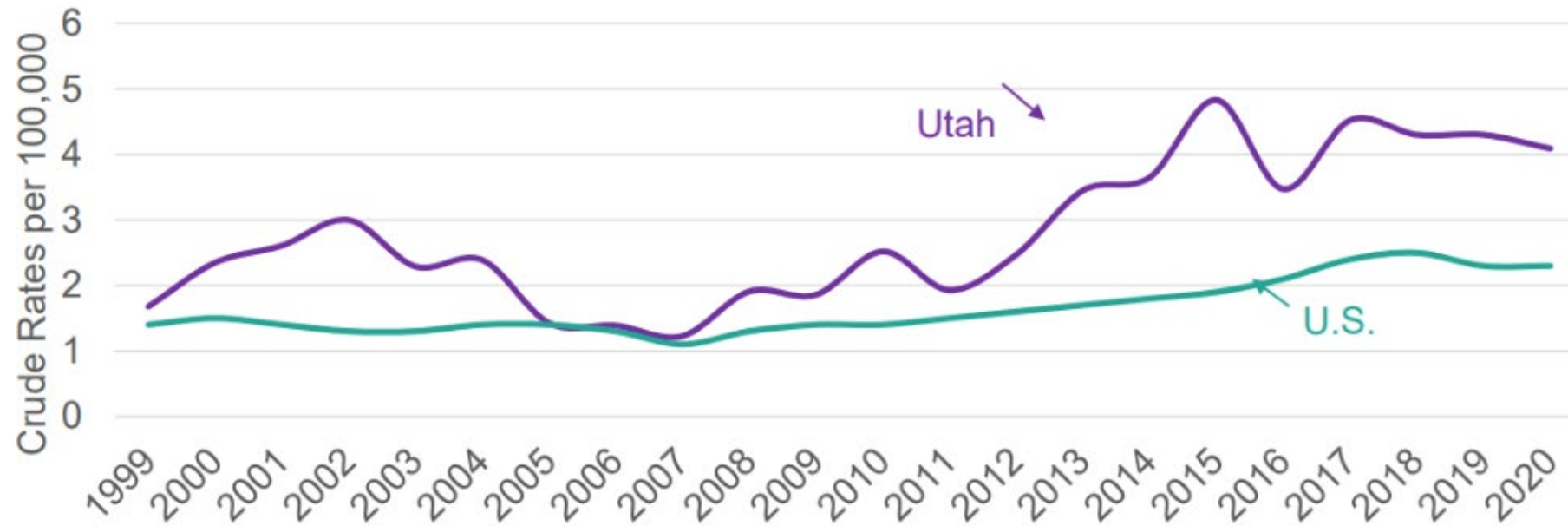
Source: Utah Medical Examiner Database

*Slide of Dr. Michael Staley, *Psychological Autopsy Examiner and Suicide Prevention Research Coordinator*

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The problem is bigger: in 2021, 17.5% of students in Utah schools reported that they seriously consider suicide with they seriously considered attempting suicide within the previous 12 months.

Source: Utah SHARP 2021 Survey

*Slide of Dr. Michael Staley, *Psychological Autopsy Examiner and Suicide Prevention Research Coordinator*

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7% of students reported that they attempted suicide at least once in the previous 12 months.

Source: Utah SHARP 2021 Survey

*Slide of Dr. Michael Staley, *Psychological Autopsy Examiner and Suicide Prevention Research Coordinator*

The Utah Child Fatality Review Committee

- An interdisciplinary committee of experts on childhood and adolescence that meets monthly and reviews all non-natural deaths of youth (0 - 17).

- All youth suicide deaths are reviewed; however, not all adult suicide deaths ar reviewed.

- Deaths are reviewed in a way that does not reveal the identity of the descendant; reviewers do not have access to source data.

- Reviewers make recommendations on prevention, which are compiled and published in an annual report.

*Slide of Dr. Michael Staley, *Psychological Autopsy Examiner and Suicide Prevention Research Coordinator*

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Utah Youth Suicide Research Project (UYSRP)

- In analysis phase, but still giving parents and friends who were not ready to participate in the study the opportunity to participate now.

  - First pass analysis: Office of the Medical Examiner

  - Additional analysis: Huntsman Mental Health Institute (HMHI) Researchers in partnership with the Office of the Medical Examiner

    - Acknowledgement: UYSRP was made possible because of collaboration with University of Utah School of Medicine, Utah Suicide Genetics Research Study, and HMHI

- Collecting data from secondary sources: USBE, Division of Child and Family Services, Juvenile Justice, treatment and hospitalization, and others.

*Slide of Dr. Michael Staley,
and Suicide Prevention Research Coordinator

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From Interviews with 101 Parents Who Lost a Child to Suicide…(1)

Key Findings Connected to Education:

- Over half of youth who died by suicide changed schools locally at least once, excluding expected moves (e.g., moving from elementary school to middle school).

- Nearly a third of youth who died by suicide had a record of frequent truancy or extensive school absences.

From Interviews with 101 Parents Who Lost a Child to Suicide… (2)

Key Findings Connected to Education:

- Nearly a third of youth who died by suicide had disciplinary actions taken against them at school, most of which were recent.

- Half of parents indicated their youth who died by suicide reported to feel that they did not belong in their community.

- Half of youth who died by suicide were bullied, and over half witnessed their friends being bullied. One in four were bullied online.

The Role Schools Play;
Risk or Protective Factor?

The consequences of not obtaining a high school diploma are significant:

- less likely to be employed,

- are less likely to have health insurance through their job,

- and have lower annual earnings

- risky behaviors that can compromise one's health

- greater involvement in the criminal justice system

"Schools can make or break kids; they can be their safe havens or places they try and avoid. How connected students perceive themselves to be to adults and peers at school can make all the difference in terms of their ability to succeed."
~Dr. Todd A. Savage, Ph.D., NCSP

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High School **Graduation Rates** by State

Lower → Higher

% of public school students who graduate within four years of starting 9th grade.

WA 84%
OR 81%
ID 80%
MT 86%
ND 85%
MN 84%
WI 90%
MI 81%
NH 88%
VT 83%
ME 86%
MA 90%
NV 82%
WY 82%
SD 82%
IA 90%
NY 87%
RI 83%
CT 89%
CA 87%
UT 88%
CO 82%
NE 87%
IL 87%
IN 88%
OH 86%
PA 87%
NJ 85%
DE 88%
MD 86%
DC 76%
AZ 77%
NM
OK
KS 89%
MO 90%
KY 90%
WV 91%
VA 89%
NC 86%
AR 88%
TN 90%
SC 84%
TX 90%
MS 89%
AL 88%
GA 84%
LA 83%
FL 87%
AK 78%
HI 86%

The average high school graduation rate is 87%
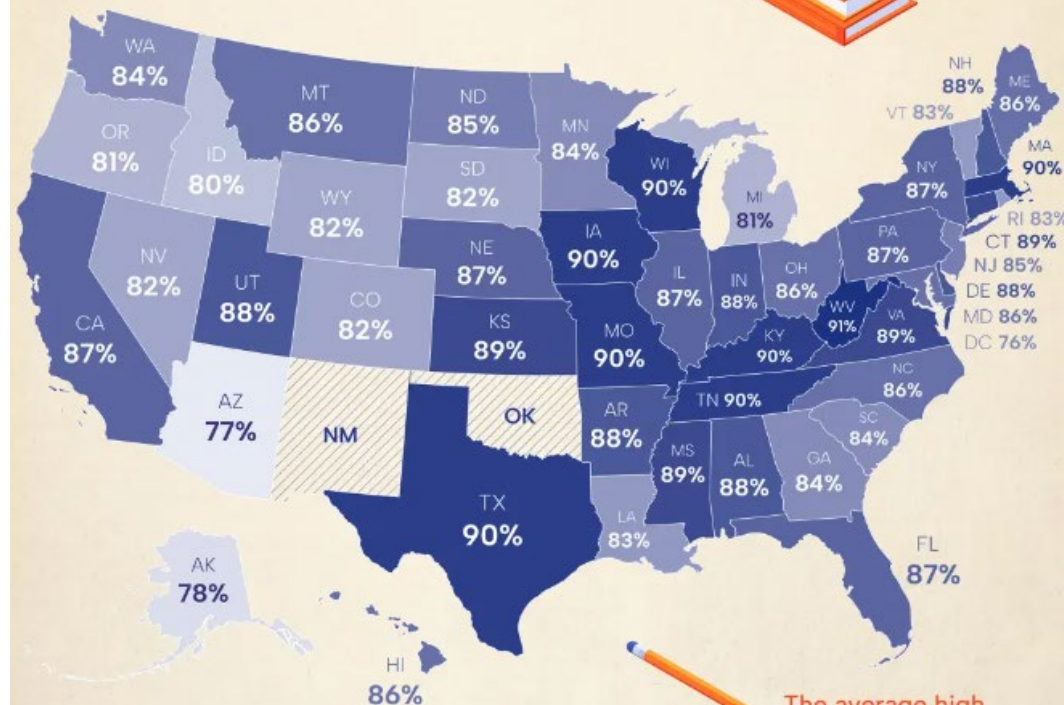
Data unavailable for Oklahoma and New Mexico

Source: U.S. Department of Education, National Center for Education Statistics. School year 2021–22.

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What Can Schools Do Beyond the Film? (1)

Focus on climate

Source: Baumrind, 1966

What Can Schools Do Beyond the Film? (2)

School Connectedness

A student's belief that adults and peers at their school care about who they are as individuals
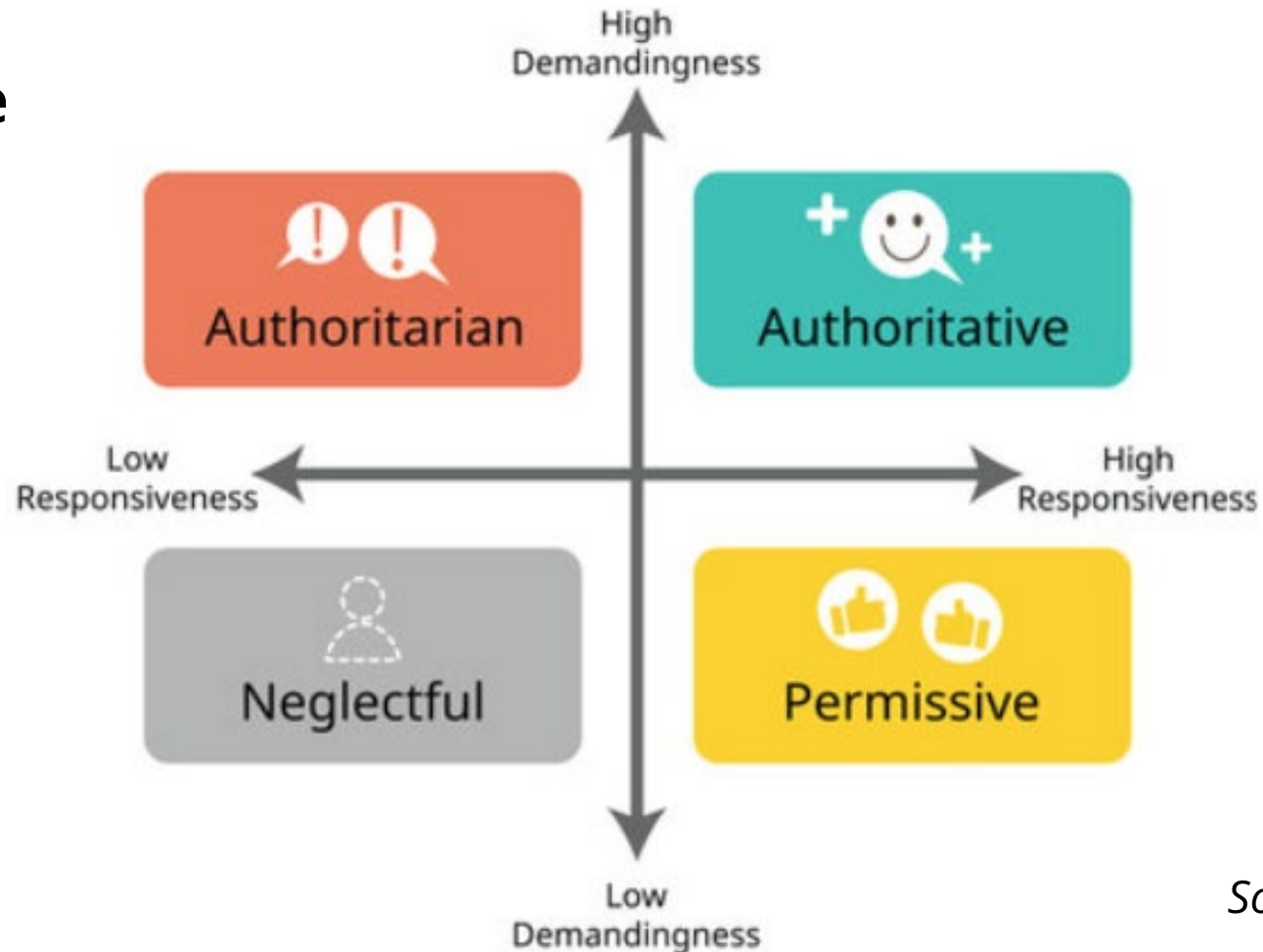
WHY?

- Increase <u>academic achievement</u> of individual students
- Augment one's perceptions of <u>self-efficacy</u> and school competence
- Enhance one's ability to <u>regulate emotions</u> and behaviors
- Improve the <u>overall behavioral profile</u> of school
- Lead to more positive self-reports of mental health functioning (e.g., <u>lower levels of depression</u>)
- <u>Boost positive perceptions</u> of the overall school climate

What Can Schools Do Beyond the Film? (3)

- Universal mental health screening

- Mental health & suicide prevention training

- Being a trusted adult

Final Point...

The correlation between mass shootings and suicide

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Question. Persuade. Refer. (QPR)

The mission of QPR is to save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Q Question   **P** Persuade   **R** Refer

Youth Mental Health First Aid (YMHFA)

Youth Mental Health First Aid (YMHFA) is a curriculum that focuses on how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. YMHFA is primarily designed for adults who regularly interact with young people, such as teachers, parents, and school staff. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

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PREPaRE - Workshop II, *Mental Health Crisis Interventions: Responding to an Acute Traumatic Stressor in Schools*

This 2-day workshop develops the knowledge and skill required to provide immediate mental health crisis interventions to the students, staff, and school community members who have been simultaneously exposed to an acute traumatic stressor. The knowledge and skill developed within this session also help to build a bridge to the psychotherapeutic and trauma-informed mental health response sometimes required to address challenges associated with trauma exposure. This workshop is an excellent course for all mental health professionals in your district who provide mental health crisis intervention services.

SafeUT

SafeUT is a crisis chat and tip line that provides real-time crisis intervention for students, parents/guardians, and educators through live chat and a confidential tip line—right from your smartphone.

USBE Crisis Response Team

The Utah State Board of Education (USBE) Crisis Response Support Team is a multi-disciplinary group dedicated to assisting Local Educational Agencies (LEAs) in responding to events that may negatively impact the mental wellness of students, staff, and the community. The team provides guidance, technical support, and professional learning to ensure best practices are followed during and after a crisis. For assistance, LEAs can contact the new hotline at 801-538-7650 or usbecrisissupport@schools.utah.gov.

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Call to Action

By April 23, 2025, School Safety and Security Specialists will:

1. Have a conversation with their building principal regarding what sucide prevention protective factors are already in place at their school.

    a. For example, each student having:

        i. a sense of belonging, and

        ii. a trusted adult.

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Exit Ticket #2

1. Complete the Viewing Confirmation quiz in Canvas to unlock Exit Ticket #2.*

2. Take Exit Ticket #2 with at least a score of 4/5 to pass.

   a. Specialists interested in earning relicensure hours will need to score 5/5.

      i. All hours will be entered into MIDAS at the **end** of the Canvas course in spring 2025.

*Training #1 Module must be complete to unlock Training #2 Module.

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Training Opportunities

Standard Response Protocol - The "I Love U Guys" Foundation:

- February 10, 8am - 12pm - Virtual ½ Day SRP/SRM Workshop

- March 10, 12pm - 4pm - Virtual ½ Day SRP/SRM Workshop

- March 20-21 - 2-Day SRP/SRM Reunification Exercise (in-person)

PREPaRE:

- March 25 - Workshop 1 (in-person)

- **Utah School Safety Conference:**

- June 17-18 - Conference (in-person)

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Wrap-Up

1. Training Request and Technical Assistance Requests:

    a. Use our [Training Request Portal](#)!

2. Questions

    a. Reach the USBE School Safety Center at [schoolsafetyprograms@schools.utah.gov](#).

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