The image features a series of thin, black, overlapping lines that form various geometric shapes, including triangles and polygons, scattered across the upper and left portions of the frame. These lines are thin and black, creating a complex, abstract pattern.

**SUICIDE
PREVENTION
IN SCHOOL
SETTINGS**

AGENDA

- Why is this important?
- Upstream Prevention
- Suicide Statistics
- Who is most at risk?
- Always Ask (and how to ask safely)
- Who is resource?
- Why I love talking about suicide
- Q&A's



A BIT ABOUT ME

Previously: 988

- Crisis Specialist
- Crisis Supervisor
- Call Center Supervisor
- Crisis Services Director

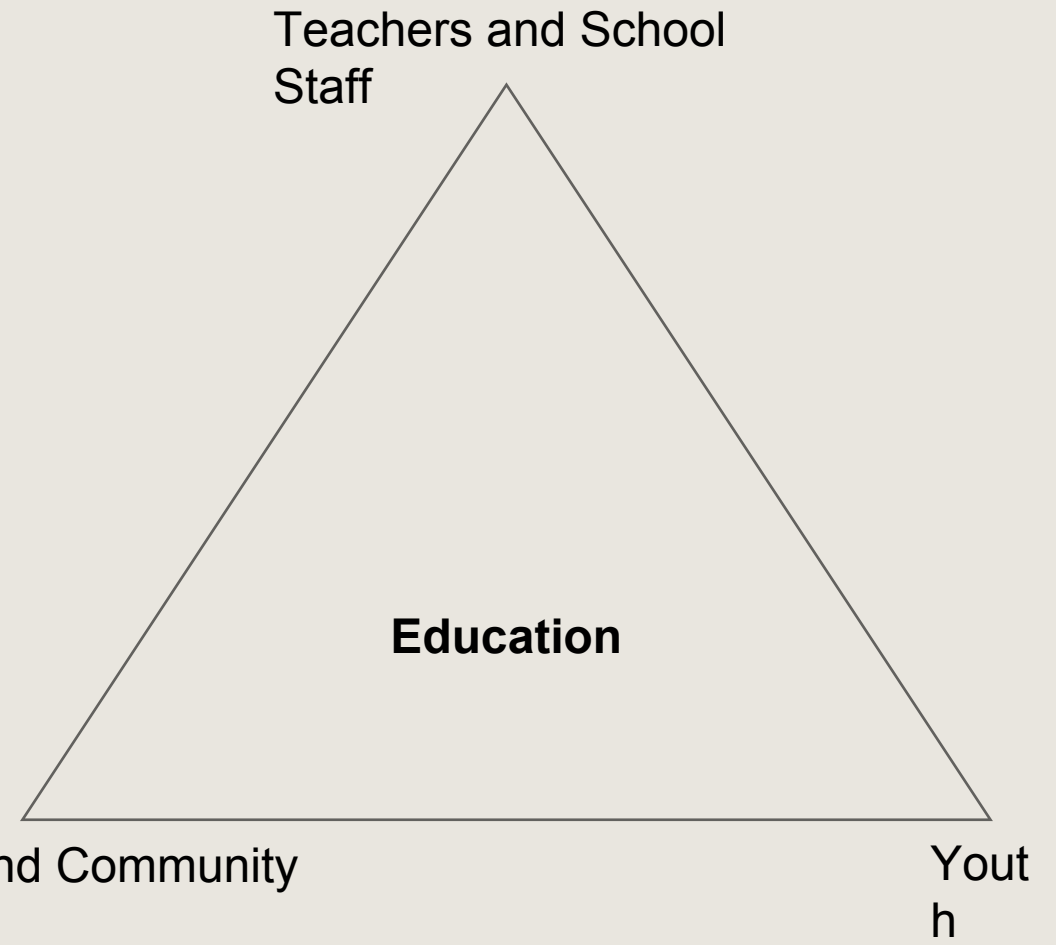
Currently: WRAP therapist PC/IC

WHY THIS MATTERS

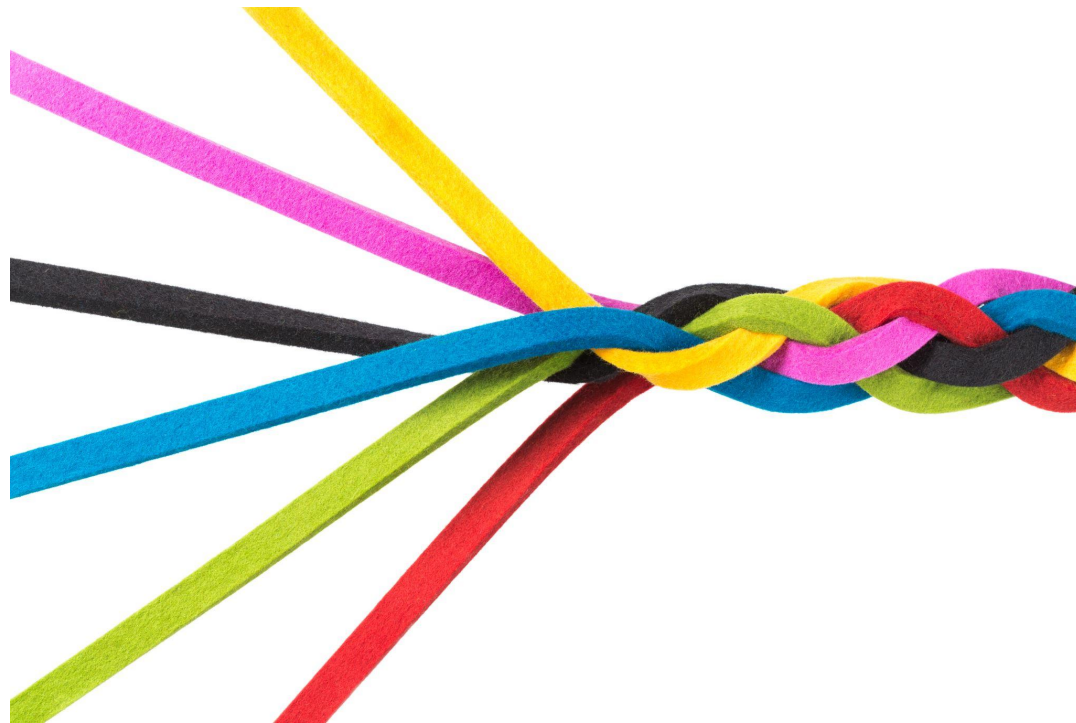


- Suicide is the second leading cause of death for children in America ages 10-18.
- Most youth suicide deaths are preventable.
- The greater the sense of belonging in school, the greater the reduction in depressive symptoms and suicidal thoughts.

TRIANGLE OF PREVENTION



UPSTREAM PREVENTION: HOW DO WE
CREATE A SENSE OF BELONGING IN
OUR SCHOOLS?



RESTORATIVE JUSTICE IN SCHOOLS

- Relationship
- Respect
- Responsibility
- Repair
- Reintegration



BULLYING AND SUICIDE

Perpetrators VS Victims





GROUPS AT HIGHEST RISK

Students with disabilities

Highest rates of:

Depression

Bullying

Cyberbullying

42% of youth with disabilities report suicidal thoughts and behaviors

LGBTQ youth in rural settings

43% of trans youth have considered suicide

40% of trans adults have attempted suicide 90% of those attempts occurred under age 25

43% of LGBTQ youth in rural areas have considered suicide in the past year

Foster Children

1/3 of completed youth suicides are children in foster care, broader welfare system, or juvenile detention.



GROUPS AT HIGHEST RISK CONTINUED

- **Youth who use substances are:
10X more likely to attempt suicide
4X more likely to die by suicide**

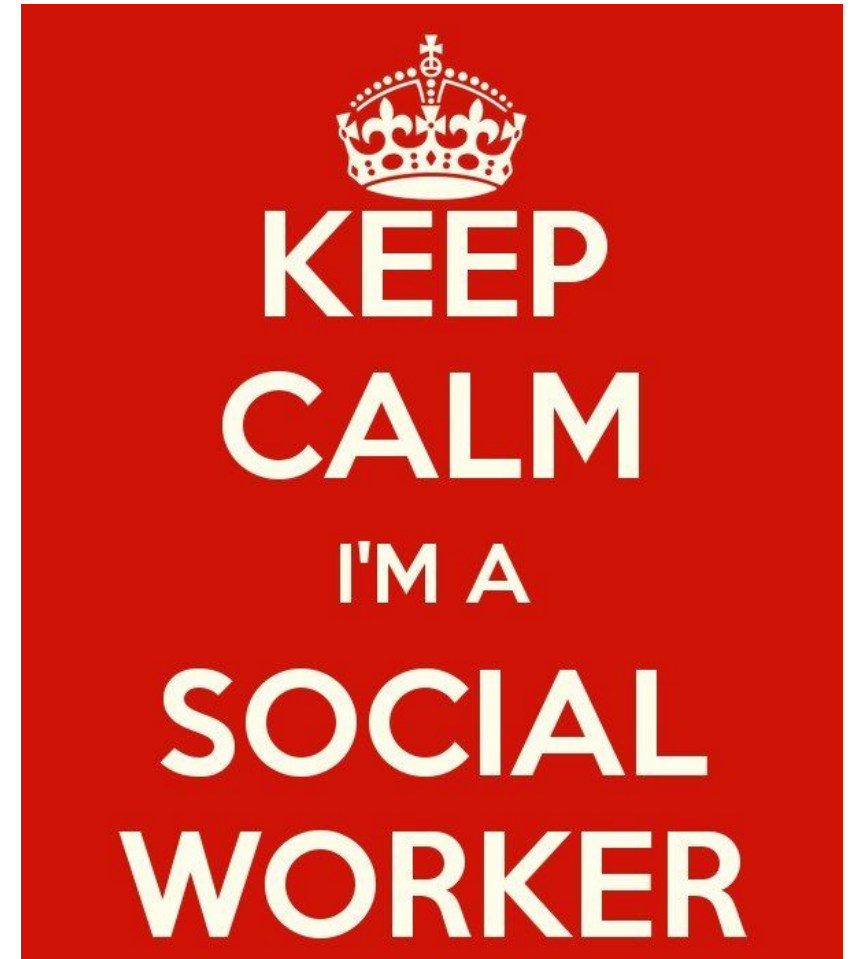
HOW TO TALK ABOUT SUICIDE

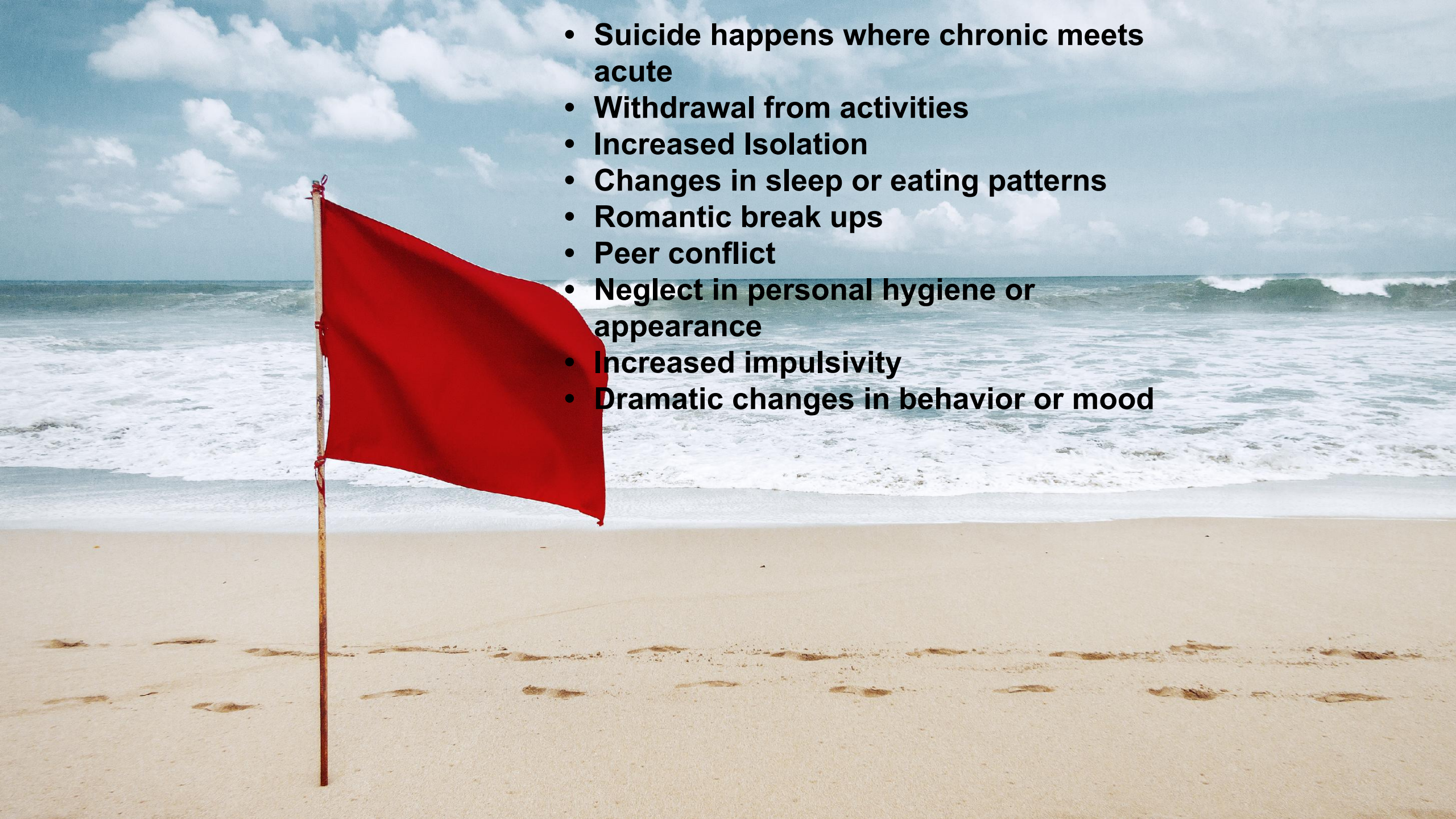
Clear, age-appropriate language

1. Are you thinking about killing yourself?
2. Are you thinking about suicide?
3. Do you wish you were dead?

Absolutely Don't

- Leave kids alone
- “You’re *not* thinking about suicide, are you?”
- Ignore warning signs or indirect statements
- Otherwise Invalidate
- Panic!



- 
- A red flag on a wooden pole stands on a sandy beach. The flag is waving in the wind. In the background, there are waves crashing onto the shore under a blue sky with white clouds. The beach is sandy and has some footprints.
- **Suicide happens where chronic meets acute**
 - **Withdrawal from activities**
 - **Increased Isolation**
 - **Changes in sleep or eating patterns**
 - **Romantic break ups**
 - **Peer conflict**
 - **Neglect in personal hygiene or appearance**
 - **Increased impulsivity**
 - **Dramatic changes in behavior or mood**

RESOURCES IN YOUR SCHOOL, DISTRICT, YOUR COMMUNITY

Good News! Your school has a comprehensive suicide intervention plan.

- PC: Melissa McGill
- IC: Michel Bonham
- BJHS: Kasey Bossard/Carlee Holloway
- BHS: Cydney Novotney/Danielle Jehle/Autumn Weiss
- WRAP – Shannon Gerstner

Community Resources

- 988-call, text, or chat
- Mobile Response Team
- Treatment and Recovery Center (YRC-coming soon)

National Resources

- Trevor Project
- Jason Flatt Foundation

Interested in volunteering at HQ?

785-841-9900

JASON FLATT

A Letter from Jason's Father

Dear Friend,

Jason was my youngest son. He was an average 16-year old. He got mostly B's on his report card, and he loved sports. Especially football. He was active in his youth group and he had a lot of friends. Jason was the one who was always up for going places and trying new things. From all appearances...my son loved life.

But on July 16th in 1997, everything changed. My son, Jason became a statistic of the "Silent Epidemic" of youth suicide. In trying to come to terms with what happened, I began researching youth suicide. The statistics are very alarming. Did you know that on average, over 100 young people this week will become victims of youth suicide?

Youth suicide can be prevented, and that is what The Jason Foundation is all about. I urge you to get involved. Together we can help stop this epidemic. Ask for our material. Read it. Then share it with your friends, family and others. Please help us reach out to hurting teens with another choice.

I will never hug my son again. But I can and will work alongside you...perhaps to save your friend, your neighbor's child, a relative or even your own son or daughter.

Thank you for your support of any kind,

Clark Flatt
President
The Jason Foundation Inc.

WHY I LOVE TALKING ABOUT SUICIDE

4 out of 5 kids will **say** something,
do something, **write** something, or
draw something.





QUESTIONS?



FURTHER QUESTIONS, COMMENTS, OR CONCERNS

Shannon Gerstner

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