

APPROVED

Suicide Awareness/ Prevention Training

For School Personnel

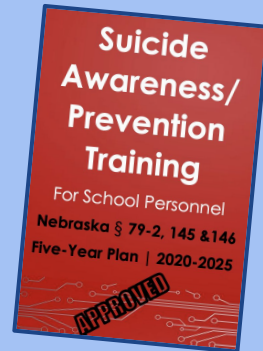


Nebraska §79-2, 145 & 146
Five-Year Plan • 2020-2025

This content includes a brief overview of the training options that are approved for school personnel.

Highlights of each option are included to assist in making decisions about how to best meet the needs of staff in your district.

Additional information is available on the NDE School Safety website and in this brochure.



Per Nebraska Revised Statute 79-2, 145 & 146:

School personnel will have at least one hour of suicide awareness and prevention training each year;

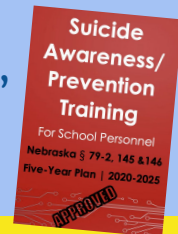
Intent of the law:

To equip school personnel with information that could save the life of a student; recognizing signs and symptoms of suicidal behaviors and methods of responding to students in crisis.

Required Audience:

All public school nurses, teachers, counselors, school psychologists, administrators, school social workers, and any other appropriate personnel are legislatively mandated to participate.

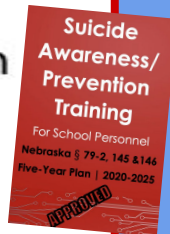
Schools should also consider including any school staff member having contact with students (para-professionals, administrative/secretarial staff, bus drivers, custodians, kitchen staff, etc.).





Rationale

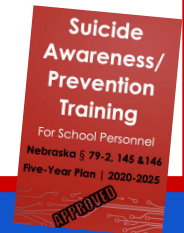
- Provide equal access to quality training for all school staff members statewide.
- Create statewide focus of training toward suicide prevention. As teachers move to different schools, districts can be assured teachers have previously received adequate training in suicide awareness/prevention.
- Afford teachers and staff opportunity to enhance assets for personal resume.
- Construct systems across public and non-public schools, also including education majors in higher education across our state.
- Collect statewide data to support and inform future decisions about youth suicide awareness/prevention training.
- Select statewide training emphasis based on Nebraska needs and data.
- Create common suicide prevention and language.





§ 79-2,145 & 79-2,146

- **Per 79-2, 145 & 79-2,146:** At least one hour of suicide awareness and prevention each year.
- **INTENT OF THE LAW:** To equip school personnel with information that could save the life of a student recognizing signs and symptoms of suicidal behaviors and methods of responding to students in crisis. School personnel are critical components of a suicide prevention plan.





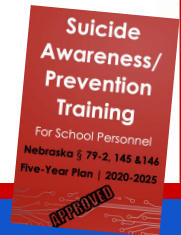
Target Audience

- **TARGET AUDIENCE:** **Any** school staff member having contact with students (i.e., in addition to required audience, para-professionals, administrative secretarial staff, bus drivers, custodians, kitchen staff, etc.).
- **79-2, 145 & 79-2,146 REQUIRED AUDIENCE:** **All** public school nurses, teachers, counselors, school psychologists, social workers, administrators and any other appropriate personnel are legislatively mandated to participate.



Selection of Programs

- Programs with an evidence-base are priority for inclusion. The requirement for inclusion is to be listed on the National Registry for Evidence based Programs and Practices (NREPP), and the National Suicide Prevention Resource Center (SPRC) Best Practice Registry.
- Data and plans will be evaluated and revised at the end of five years to include additional programs with an approved evidence and capacity for delivery to all Nebraska Schools.



Approved Programs

- Building a Suicide-Safe School Community
- The Jason Foundation
- Kognito
- Making Educators Partners in Youth Suicide Prevention
- Question, Persuade, Refer (QPR)



Building a Suicide-Safe School Community

- This [free training](#) designed for faculty and staff at all levels within schools. It introduces concepts that will help you understand what to do if a student is contemplating suicide, and how to ensure your school can appropriately respond to a suicide using postvention measures.
- There are three online training modules. Complete two of the three modules for the one-hour suicide prevention training requirement. All modules have short video PowerPoints & links to hand-outs and resources for:
 - Understanding suicidal thinking & helping suicidal students
 - Planning & responding in postvention following an attempt or death by suicide



[Link Here](#)

Highlights:

Each module has a brief presentation with videos, followed by a short quiz and links to valuable resources. Staff can select from:

Module 1 - all staff- understanding suicidal thinking; helping suicidal students; postvention

Module 2 - educators and staff - postevention - suicide attempt- re-entry; death by suicide

Module 3 - administrators and professionals (school counselors, social workers, nurses, psychs. etc.) - role in responding to suicide attempt; role in preparing and responding after a suicide

The Jason Foundation



Online option, free. Choose 1 module for the one-hour requirement. Certificate provided upon completion. Register for the module here: [Jason Foundation Professional Development Series](#)

- **Bullying and Suicide** - Describes the connection between bullying and suicide & provides recommendations for proactive interventions. Special challenges for LGBTQ youth are noted.
- **Childhood and Teen Depression for Educators** - Offers signs & risk factors associated with youth depression , as well as actions educators can take to assist & build protective factors.
- **Suicide Postvention: the Critical Role of Educators Suicide Postvention** - Offers strategies for schools in supporting students and staff following a suicide or attempt, with an emphasis on steps to prevent contagion. Attention is also given to how to address social media in prevention and postvention efforts.
- **Supporting LGBT Students in School: Suicide Prevention Among LGBT Youth** - Provides a discussion of depression, warning signs, and suicide risk in youth in general, with a special focus on the added pressures faced by LGBTQ youth. Data supports that this population is at far greater risk of mental health concerns and suicidal behaviors, needing strong intentional support in the school environment.

Highlights:

- 1 hour informal discussions by Dr. Scott Poland and Richard Lieberman, who are highly regarded experts in suicide research
- Modules provide practical suggestions for educators for subgroups
- Sessions would work well for staff development or parent presentations
- 2 hour training modules also available through the Jason Foundation



[Link Here](#)



Kognito

- Interactive online one-hour role-play simulation training. Participants may choose from three simulations: At-Risk for Elementary, Middle, or High School Educators.
- Certificates are provided upon completion. For more information on trainings, please go to <https://kognito.com/products>.

Highlights:



[Link Here](#)

- Online simulations offered based on the needs and concerns for different age groups (select from elementary, middle or high school)
- District makes decision about whether to fund this module for staff
- Cost based on number of participants



Making Educators Partners in Youth Suicide Prevention

- One-hour free online training program designed in a series of modules with videos and interactive activities. Educators are taught their responsibilities for identifying and referring potentially suicidal youth. Includes links to a number of resources that would be helpful for school personnel. Certificate provided upon completion. [Sign up at Society for Teen Suicide Prevention.](#)



[Link Here](#)

Highlights:

- Online interactive presentation broken into short segments
- Updated videos featuring student/educator interactions
- Includes school counselor intervention tips
- Offers many resources and handouts



QPR - Question, Persuade, Refer

- QPR is approved through in-person or online trainings.
- The training is a 1-2 hour education program designed to teach personnel the warning signs of a suicide crisis and how to respond. The in-person version is free and provided through your district's Regional Behavior System. To sign up for the training through your region, please contact them.
- Certificates of completion will be provided.

Highlights:

- Free training offered through the Behavior Health Regions
- Online option available for a fee
- Highly acclaimed and evidence based with standardized program



[Link Here](#)

For additional information:

Visit the NDE School Safety Website:
<https://www.education.ne.gov/safety/>

Contact NDE School Safety Suicide Prevention Team:
SuicidePrevention@Nebraska.gov

Contact NDE School Safety Director
jolene.palmer@nebraska.gov



Prepared by Kim Jacobson & Sally Carlson
through GLS Suicide Prevention Grant, 2022

Click infographic
for key information

