

Suicide Awareness/ Prevention Training Options for Nebraska Schools



Nebraska LB 705 - 2023
Updated §79-2 146

UPDATES EFFECTIVE FOR 2023-24 SCHOOL YEAR

This content includes a brief overview of the training options approved for school personnel to meet the mandated 1 hour annual requirement.

Highlights of each option are included to assist in decisions about what program best meets the individual districts.

Per 2023 Nebraska Updated 79-2, 145 & 146:

Beginning in school year
2023-24:

All public school employees who interact with students and any other appropriate personnel, as determined by the school superintendent, shall receive at least **one hour** of behavioral and mental health training with a **focus on suicide aware- ness 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.

Training should include topics such as:

- identification of early warning signs and symptoms of behavioral and mental health issues in students
- appropriate and effective responses for educators to student behavioral and mental health issues
- trauma-informed care
- procedures for making students and parents and guardians aware of services and supports for behavioral and mental health issues.
- when and how to refer youth and their families to those services.

Selection of Programs

Must be:

- Evidence based
- Listed on Suicide Prevention Resource Center Best Practices Registry

NDE School Safety director oversees selection process.

Approved Programs Meeting 1 Hour Requirement

- Applied Suicide Intervention Skills Training (ASIST) (2 day) *added 2023*
- Building a Suicide-Safe School Community (1 hour)
- Hazelden Lifelines Prevention Staff Training (1 hour) *added 2023*
- Kognito (1 hour)
- Making Educators Partners in Youth Suicide Prevention (1 hour)
- Question, Persuade, Refer (QPR) (1-2 hours)
- Youth Mental Health First Aid (1 day) *added 2023*
- Youth Suicide: Awareness, Prevention and Postvention (Jason Flatt Act - Nebraska through Safe Schools/Vector) (67 min.) *added 2023*

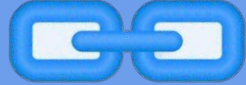


2 day training

Applied Suicide Intervention Skills Training (ASIST)

- Intensive 2 day, in-person interactive, and practice-dominated course
- Designed to help recognize and review risk, and intervene to prevent the immediate risk of suicide
- A fee may be charged for the training.

Highlights:



- In person interactive training that may be offered free of charge or at a cost depending on the agency providing the training
- Well suited for school mental health clinicians who may be intervening when suicidal ideation is present
- Includes developing safety plans to provide ongoing support



Building a Suicide-Safe School Community

- Offers free online interactive training designed for faculty and staff at all levels within schools.
- Equips staff for proactive prevention, intervention, and postvention
- Allows choice of 3 different training module options

Highlights:

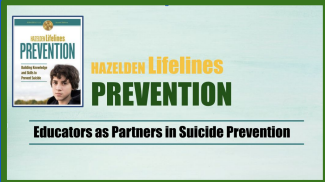


Each module has a brief presentation with videos, followed by a short quiz and links to valuable resources. Staff can select from:

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



Available to schools
utilizing the
Hazelden Lifelines
Curriculum

Hazelden *Lifelines Prevention*: Educators as Partners in Suicide Prevention

- This staff training component is part of the Hazelden *Lifelines Prevention* program, along with student curriculum and parent training modules.
- Training is presented in person by the school's designated staff.
- Manual includes slides for the presentation, with NDE PowerPoint available.

Highlights:

- Training is provided in person to staff by the school's mental health leaders (such as school counselor, social worker, school psych., etc.) with a PowerPoint with the training module available through NDE School Safety.
- Training includes an introduction to the student curriculum that the school may be providing through Hazelden Lifelines.
- Training includes warning signs, risk factors, and building protective factors.



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>.
- Districts responsible for the cost of training.

Highlights:



- 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 extensive supplemental resources.

Highlights:

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

Link Here





Question, Persuade, Refer (QPR)

- Available through in-person or online options.
- 1-2 hour program designed to teach “gatekeepers” the warning signs of a suicide crisis and how to respond.
- Online version fee is based on number of participants.
- In-person may be available free through trained facilitators including Behavioral Health Regions or ESU’.

Highlights:



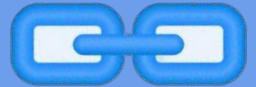
- Free in-person training may be available through organizations including the Behavioral Health Regions and Educational Service Units.
- Districts should contact QPR for the online fee based on the number of participants.
- Highly acclaimed and evidence based program utilized nationally and internationally with standardized program.



Youth Mental Health First Aid

- 1 day training through in-person or blended model.
- Focus on understanding and responding to mental health challenges including suicidal ideation among children and adolescents ages 12-18.
- May require training fee depending on the training facilitator.

Highlights:



- Available in person or as a blended model and may be offered free of charge depending on the agency facilitating the training
- Provides training to learn how to respond with the Mental Health First Aid Action Plan: Assess for risk of suicide or harm.; Listen nonjudgmentally. Give reassurance and information; Encourage appropriate professional help, and Encourage self-help and other support strategies.



Youth Suicide: Awareness, Prevention and Postvention (Jason Flatt Act -Nebraska)

- Online training offered free for districts enrolled in Safe Schools (Vector Solutions), or districts can utilize direct bill for payment
- Interactive training overviewing prevention, intervention and postvention procedures.



Available free to districts enrolled in Safe Schools

Highlights:

- Online interactive training offered at no charge to districts enrolled in Safe School (Vector Solutions), or districts can contract to pay through direct bill.
- Program developed by highly regarded suicide prevention specialist Dr. Scott Poland through the Jason Foundation.
- Modules include information, videos, and interviews to implement strong prevention, intervention, and postvention procedures.

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
joy.martin@nebraska.gov

Click infographic
for key information



Prepared by Kim Jacobson & Sally Carlson
through GLS Suicide Prevention Grant, 2023



Nebraska Suicide Awareness/Prevention	
Approved Training for School Personnel	
Nebraska LB 705 - 579-2.146, Effective for 2023-2024 school year	
<ul style="list-style-type: none">School districts must provide at least one hour of behavioral and mental health training with a focus on suicide awareness and prevention each year for any school staff member who has contact with students.The school district superintendent is responsible for the selection of the annual training.	
<small>* Indicates there may be a fee with training. All Trainings are approved by NSDPC, NMAA, and ASP.</small>	
Applied Suicide Intervention Skills Training (ASIST)	<ul style="list-style-type: none">Intensive 2 day, in-person interactive and practice-dominated course.Designed to help recognize and review risk, and intervene to prevent the immediate risk of suicide.*A fee may be charged for the training.
Building a Suicide-Safe School Community	<ul style="list-style-type: none">Offers free online interactive training designed for faculty and staff at all levels within schools.Equips staff for proactive prevention, intervention, and postvention.Allows choice of 3 different training module options.
Hazelden Lifelines Prevention Staff Training	<ul style="list-style-type: none">This staff training component is part of the Hazelden Lifelines Prevention program, along with student curriculum and parent training modules.Training is presented in-person by the school's designated staff.Manual includes slides for the presentation, with NDE PowerPoint available.
Kognito	<ul style="list-style-type: none">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.*Districts responsible for the cost of training.
Making Educators Partners in Youth Suicide Prevention	<ul style="list-style-type: none">One-hour, free online training program designed in a series of modules with video and interactive activities.Educators are taught their responsibilities for identifying and referring potentially suicidal youth.Includes links to extensive supplemental resources.
Question, Persuade, Refer (QPR)	<ul style="list-style-type: none">QPR is approved through in-person or online trainings.Participants may choose from three simulations: At-Risk for Elementary, Middle, or High School Educators.Free in-person training may be available through trained facilitators with your Behavioral Health Regions or ESU; contact them for details.Certificates of completion will be provided.
Youth Mental Health First Aid	<ul style="list-style-type: none">One-day training through in-person or blended model.Focus on understanding and responding to mental health challenges, including suicidal ideation among children and adolescents ages 12-18.*May require training fee depending on the training facilitator.
Youth Suicide: Awareness, Prevention and Postvention	<ul style="list-style-type: none">Jason Platt Act - Nebraska through Safe Schools*Online training offered free for districts enrolled in Safe Schools (Vector Solutions), or districts can utilize direct bill for payment.Interactive training overviewing prevention, intervention and postvention procedures.