Suicide Prevention Protocol for School-Based Threat Assessment Teams



Student Services

Revised 08/08/2022

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Questions regarding this protocol may be directed to: Student Services Department

Michele Barlow Autumn Wright, Director of Student Services, 850-983-5052-5150 ext. 1033

Autumn Wright Cindy Peaden, Coordinator of Mental Health Services, 850-983-5568

Ext. 1215

INTRODUCTION

The primary focus of this protocol is to establish a process for schools that is aligned with state requirements and is systematic in the event a student is at-risk of harming him/herself. The goal of this process is to help the student stay safe while providing the care and support that may be needed in order to meet the various needs of the student. This process is broken down into three critical components:

- Prevention: How schools can promote resiliency and reduce the potential for youth suicide.
- **Intervention**: How school staff should intervene with students at risk for suicidal behavior.
- **Follow-Up Intervention**: How schools should respond to students returning from a crisis center or after a threat has been made or attempted.

The school-based Threat Assessment Team (TAT) plays a vital role in suicide prevention, intervention, and follow-up intervention, and will be tasked with specifically addressing the Potential Suicide Threat Flowchart when handling students who are in crisis or potential crisis.

Everyone has a role in suicide prevention. A comprehensive approach to suicide prevention involves students, school personnel, parents, and community agencies. Collaboration and communication are key to promoting positive mental health in the school setting.

School administrators have a critical role in suicide prevention and will ensure that school staff and personnel are made aware of these processes.

Potential Suicide Threat - Flowchart Santa Rosa County School District

Threats may be verbal, written, or behavioral

Team (TAT). When staff is made aware of threat, the student who has made the potential threat should be ASSESS TAT Member, School Counselor or TIC Counselor conducts suicide assessment using the NOTIFY- Immediately contact Administrator, School Counselor or member of the Threat Assessment Columbia-Suicide Severity Rating Scales and documents on screener and assessment forms. located immediately, and supervised at all times. I.CONCERN

NOTIFY PARENT/GUARDIAN and 1 and/or 2 only 9

If YES on Question

3. Baker Act?

YES

questions: 4, 5, 6b **OR YES** to either or both questions 3, 6a. If YES to ANY of these

provide appropriate support.

- school without being checked out by an adult 1. Student WILL NOT be allowed to leave unless transported by Law Enforcement.
- 2. Adult picking student up will:
- Be informed of the potential suicide risk
- Counseling Resources List to include MRT Be provided a copy of the Updated information.

school, include guardian and student

Support Plan - Upon return to

4. Follow up and

successful, and TIC or MRT cannot respond, the SRO

can determine an Involuntary Examination.

2. Contact MRT - 1-866-517-7766 24/7 Hotline.
3. If de-escalation strategies are attempted but not

Contact your assigned TIC Counselor (if you have not

3 Options

already consulted) to determine an Involuntary Contact MRT - 1-866-517-7766 24/7 Hotline.

Examination.

in development of Student Success

and Safety Plan and refer for school-

needed. Ask guardian to sign Mutual

Exchange of Information.

arrange transport in coordination with SRO/LEO

PARENT/GUARDIAN and

NOTIFY

community-based interventions as

based interventions and/or

Be asked to sign Parent Notification of Suicide Risk Assessment (if not signed, include with Student Success and Safety Plan).

must be notified and provided copy of all educational services at another location (Locklin, SR Adult, Virtual, etc.,), they High Schools: If student is receiving documentation.

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COLUMBIA-SUICIDE SEVERITY RATING SCALE

Screening Version - Recent

This state approved assessment is used by Santa Rosa County District Schools and is part of the Suicide Prevention Protocol.

SUICIDE IDEATION DEFINITIONS AND PROMPTS	Past	Month
Ask questions that are bold and underlined	YES	NO
Ask Questions 1 and 2		
 Wish to be Dead: Person endorses thoughts about a wish to be dead or not alive anymore, or wishes to fall asleep and not wake up. 		
Have you wished you were dead or wished you could go to sleep and not wake up?		
2) Suicidal Thoughts: General non-specific thoughts of wanting to end one's life/die by suicide, "I've thought about killing myself" without general thoughts of ways to kill oneself/associated methods, intent, or plan.		
Have you actually had any thoughts of killing yourself?		
If YES to 2, ask questions 3, 4, 5, and 6. If NO to 2, go directly to question 6		
3) Suicidal Thoughts with Method (without Specific Plan or Intent to Act): Person endorses thoughts of suicide and has thought of a least one method during the assessment period. This is different than a specific plan with time, place or method details worked out. "I thought about taking an overdose, but I never made a specific plan as to when where or how I would actually do itand I would never go through with it."		
Have you been thinking about how you might do this?		
4) Suicidal Intent (without Specific Plan): Active suicidal thoughts of killing oneself and patient reports having some intent to act on such thoughts, as opposed to "I have the thoughts, but I definitely will not do anything about them."		
Have you had these thoughts and had some intention of acting on them?		
5) Suicide Intent with Specific Plan: Thoughts of killing oneself with details of plan fully or partially worked out and person has some intent to carry it out.		
Have you started to work out or worked out the details of how to kill yourself and did you intend to carry out this plan?		
6) Suicide Behavior Have you done anything, started to do anything, or prepared to do anything to end your life?		
Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, took out pills but didn't swallow any, held a gun but changed your mind or it was grabbed from your hand, went to the roof but didn't jump; or actually took pills, tried to shoot yourself, cut yourself, tried to hang		
yourself, etc. If YES, ask: Was this in the last three months?		

- Low Risk
- Moderate Risk
- High Risk

COLUMBIA-SUICIDE SEVERITY RATING SCALE (C-SSRS) Posner, Brent, Lucas, Gould, Stanley, Brown, Fisher, Zelazny, Burke, Oquendo, & Mann © 2008 The Research Foundation for Mental Hygiene, Inc.

RISK ASSESSMENT

Instructions: Check all risk and protective factors that apply. To be completed following the patient interview, review of medical record(s) and/or consultation with family members and/or other professionals.					
	*Indicators o				
Past 3 Mon	Suicidal and Self-Injurious Behavior	Lifetime			
*1	Actual suicide attempt			Hopelessness	
*0	Interrupted attempt			Major depressive episode	
1	Aborted or Self-Interrupted attempt			Mixed affective episode (e.g. Bipolar)	
*0	Other preparatory acts to kill self			Command hallucinations to hurt self	
	Self-injurious behavior without suicidal intent			Highly impulsive behavior	
Suicidal Ide Check Mos	eation at Severe in Past Month			Substance abuse or dependence	
	Wish to be dead			Agitation or severe anxiety (panic symptoms)	
	Suicidal thoughts			Perceived burden on family or others	
	Suicidal thoughts with method (but without specific plan or intent to act)			Chronic physical pain or other acute medical problem	
<u>*</u>	Suicidal intent (without specific plan)			Homicidal ideation	
*	Suicidal intent with specific plan			Aggressive behavior towards others	
Activating Events (Recent)			Method for suicide available (gun, pills, etc.)		
Recent loss(es) or other significant negative event(s) (legal, financial, relationship, etc.)			Refuses or feels unable to agree to safety plan		
Describe event:			History of sexual abuse, physical abuse, dating violence		
				Family history of suicide	
	☐ Pending incarceration or homelessness		Prot	ective Factors (Recent)	
	Current or pending isolation or feeling alone			Identifies reasons for living	
Treatment History			Responsibility to family or others; living with family		
	Previous psychiatric diagnoses and treatments			Supportive social network or family	
	Hopeless or dissatisfied with treatment			Fear of death or dying due to pain and suffering	
	Non-compliant with treatment			Belief that suicide is immoral; high spirituality	
	Not receiving treatment			Engaged in work or school	
	Other			High academic achievement	
Other Risk Factors		Othe	Other Protective Factors		
Describe any suicidal, self-injurious or aggressive behavior (include dates)					

This state approved assessment is used by Santa Rosa County District Schools and is part the district's Suicide Prevention Protocol.

The following questions are optional and not required. They are simply here to help guide if discussing risk and protective factors and establishing rapport.

Establish Rapport/Limits of Confidentiality

Affective/Behavioral Factors

• Ask about interests (e.g., clubs, music pets, sports, video games) and explain limits of confidentiality.

	How is school?
Trans	Some people here at school are really concerned about you. How are you feeling today? Are you feeling sad/depressed/angry? Have you thought about wanting to kill yourself? How often? How long ago?
Risk I	Factors / Coping / Protective Factors What is happening in your life now? (e.g., academics, relationships, conflicts, family issues)
•	How does that make you feel? (e.g., angry, frustrated, helpless, hopeless)
•	When you are upset, who do you talk to? What do you do? How do you cope?
•	What plans do you have for tomorrow? The future?
•	Do you have medical concerns? Any medications? Any problems with impulse control?
•	Which substances do you use? (e.g., alcohol, drugs) How often? Recently?



Parent Notification of Suicide Risk Assessment

Santa Rosa County School District personnel take student safety very seriously; consequently, it is important that concerns are shared with parents so that they monitor their child for safety and take appropriate safeguards.

Mr./Ms.	parent/guardian of				
	Participated in a conference via phoneor in person(check one) on (date)				
	Could not be reached. Please see bottom of this page for attempt information.				
	Social Work referral submitted for delivery of this form.				
	SRO contacted				
	Licensed Trauma Informed Counselor Contacted (responding counselor)				
	MRT called				
	During this conference, the parents/guardians were informed that their child expressed suicidal ideation. Parents/guardians were encouraged to do the following after today:				
If child	is not in imminent danger, parents/guardians were encouraged to: Consult primary care physician and/or mental health provider				
■ If child i	Other is in imminent danger parents/guardians should take one of the following actions:				
	Call 9-1-1 Take the child to the local Emergency Room				
Require	ed Signatures:				
Parent or	or Legal Guardian Date				
School A	Administrator or Designee Date				
Unsuccessful attempts to contact parent were made via phone on (date and time):					
Name of	f Parent/Guardian/Emergency Contact Phone Number				
Name of	f Parent/Guardian/Emergency Contact Phone Number				
100	of this letter was provided to the parent (indicate method)on				
Addition	nal Information				

**The Threat Assessment Report and Student Success and Safety Plan will be maintained in Student Records and shared with receiving schools should student transfer. (s.1003.25, F.S.) Revised August 8, 2022



Student Success and Safety Plan

Dat	e:	School:			
Nar	ne:		Grade:		
Rea	ason for Follow-up (b	riefly summ	narize situation, date, level o	of threat, etc.):	
	Baker Act:				
	Threat Assessment: _				
	Suicide Assessment: _				
	Other:	MINISTER CONTRACTOR AND RECOGNISHED CONTRACTOR			
	MRT (Attach plan if app	olicable):			
Actions to take: Support Team members informed of Safety Plan: Parent					
Specific Interventions Developed by Threat Assessment Team (referrals to community-based mental health agencies needed for Moderate/High Suicide Risk Assessment or Serious/Very Serious Substantive threat):					
	☐ Change of class/sch ☐ Modified transitions ☐ Other:		☐ Supervision ☐ Search student belongings		

**The Threat Assessment Report and Student Success and Safety Plan will be maintained in Student Records and shared with receiving schools should student transfer. (s.1003.25, F.S.) Revised August 8, 2022

OTHER CONSIDERATIONS TO BE DISCUSSED:					
☐ Technology support (cyberbullying)☐ FBA/BIP	☐ Counseling (School or Community Based) ☐ 504 evaluation/eligibility meeting ☐ MTSC for possible behavioral interventions				
☐ Mental Health Screening	 □ MTSS for possible behavioral interventions □ Consideration of ESE evaluation 				
☐ Additional academic supports?☐ Outside Agencies:					
Specific Information:					
Student will seek support from the following in to for help): 1.) 2.) 3.)					
,					
ADDITIONAL INPUT FROM STUDENT OR PAREN	NT/GUARDIAN				
Parent Goal:					
Student Goal:					
MONITORING:					
□Daily □Weekly □Bi-weekly Mon	thly				
Is student receiving academic services in another setting? (Locklin College, Online, Santa Rosa Adult, Dual Enrollment) If yes, notify and provide documents to administrator and counselor.					
Yes or No					
	t Cuanage and Cafaty Blan Dage 2 of 2				

and shared with receiving schools should student transfer. (s.1003.25, F.S.) Revised September 9, 2021 Was a Consent Form for Mutual Exchange of Information signed? Yes SUPPORT TEAM MEMBER SIGNATURES -including student and parent/guardian **COPIES TO:** Cumulative record (black folder) Parent Student Support Team members Certified School Counselor CDAC or Community-Based agency (if applicable) Mental Health Coordinator, District Office Other schools providing services if applicable All classroom teachers and personnel who need to be informed TAT team has determined that student is progressing and no longer needs to be monitored with this SSSP. If at any time there is an indication that this plan needs to become active again, the team will meet and make that determination. Date SSSP discontinued:_____ Administrative Signature:_

**The Threat Assessment Report and Student Success and Safety Plan will be maintained in Student Records

Debbie S. Anderson Director Exceptional Student Education

Dustin Coleman Deputy Director Exceptional Student Education



Autumn Wright Director Student Services

Cindy Peaden Coordinator Mental Health Services

CONSENT FOR MUTUAL EXCHANGE OF INFORMATION

Date:	Student Name:			
DOB:	School:			
FERP/	by authorize the mutual exchange of records (per b) regarding the above named student between Santa F below. I also understand that all information will be confident	Rosa School District	and any or all of the	agencies that are
AGEN	Center for Independent Living Families First Ne	pe Reports' rity Records lans but not limited to) uvenile Justice Services Services tional Rehabilitation tetwork	Other Significant information an records Strike through any exclusions Santa Rosa District Schools Social Security Administration Spectrum House The Arc Gateway The Arc of the Emerald Coast United Cerebral Palsy	d
	Children's Home Society Children's Medical Services Children's Services Clinical Team Community Action Team(CAT) Community Colleges Department of Children & Families Fight 2 Fight 3 Lakeview Center Lutheran Service Medicaid Mobile Response	r, Inc.	Vocational Schools Other agencies, schools, hospitals, clinics, physicians, psychologists, etc. Strike through any exclusions	
PURP	OSE OF DISCLOSURE:		dowe broagn any excusions	
	Continuity of Educational Services Mental Health Services Other (specify)			
event,	ATION DATE: This authorization will expire (insert date or event), his authorization will expire twelve (12) months from the date on w CLOSURE: I understand that once the above information is disclosed by federal privacy laws or regulations.	which it was signed.		
CONDI	TIONING: I understand that completing this authorization form is v	voluntary. I realize that tre	atment will not be denied if I ref	fuse to sign this form.
hat ha	ATION: I understand that I have the right to revoke this authorizate already been released in response to this authorization. I unders dicare.	•		
	SENTATIVE AGENCIES: Prior consent for participation of agenc tion. To protect the student's privacy, this consent must come from			
	I DO give permission to invite representative agency/ies to meetings. I DO NOT give permission to invite representative agency/ies to meetings.			
hereby	certify that I am the parent or legal guardian of the child named, or th	at I am the student of major	rity age and have authority to sign	n the release.
Parent/(uardian Signature and/or Student Signature (Age 18 or older)	Relationship to stude	ent	Date
Parent/(iuardian Signature and/or Student Signature (Age 18 or older)	Relationship to stud	ent	Date
	Witness (Optional)	Date		

Community-Based Resources

HELP LINES/SUPPORT LINES

Mobile Response Team (MRT): Provides around-the-clock intervention and support to all individuals in Escambia, Santa Rosa, Okaloosa and Walton Counties dealing with a behavioral or mental health crisis. It is a mobile unit, so it comes to you if needed. They also provide help over the phone. **24/7 Hotline – 1-866-517-7766**

Crisis Text Line: 24/7, confidential crisis support by text (Text GULF to 741741)

Suicide and Crisis Lifeline: 9-8-8 https://988lifeline.org

The National Suicide Prevention Lifeline is now: 988 Suicide and Crisis Lifeline



988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

Children's Home Society: Free 24/7 counseling through the <u>Family Support Warm Line</u> **1-888-733-6303** (Telehealth Services available).

SAMHSA Disaster Distress Helpline: 800-985-5990 or text TALKWITHUS to 66746 (TTY 1-800-846-8517)

NAMI Pensacola Help Line: The NAMI Pensacola HELPLINE responds to over a thousand requests each year and provides free referrals, information and support. 850-208-1609 or email at: namipensacola@gmail.com. They are currently providing online support groups through Zoom. Visit www.namipensacola.com for more information.

2-1-1 Northwest Florida: is a program of the <u>United Way of West Florida</u> and <u>United Way of Northwest Florida</u> dial 211 on your phone -- They work to make service and resource searching easy - to help you, your neighbor or the social service professional. Staff is also trained to stimulate the development of individual problem-solving concepts and educate the public on alternatives to the crisis response.

LOCAL MENTAL HEALTH SERVICES AND SUPPORTS

("In accordance with School Board Policy 9.40, distribution of these materials is in no way an endorsement of services, activities, and/or products by Santa Rosa County District Schools.")

Cornerstone Counseling Group, LLC: 8750 Ortega Park Drive, Navarre, FL 32566 Phone: (850) 710 -3306 Fax: (850) 396 – 0920 www.cornerstonecounselinggrouplic.com

Avalon Center/Lakeview Center: 6024 Spikes Way, Milton, FL 32583 (850)-437-8900 www.elakeviewcenter.org

Apex Psychiatric Services, LLC: 308 S. Jefferson St., Pensacola, FL 32502 (850) 807-0138 www.apexpsychiatricservices.com

Adult and Child Mental Health Care: Santa Rosa Office – Pace 850-466-3200 4622 Summerdale Dr. Pace, FL 32571 www.acmhc-fl.org

Baptist Behavioral Health: 850-469-5811

https://www.ebaptisthealthcare.org/BaptistHospital/baptist-behavioral-health-unit

Santa Rosa Counseling Center: 5441 Berryhill Road Milton, FL 32570 (850)626-7779 www.santarosacounseling.org

Integrative Therapy Center, LLC: 5643 Stewart Street, Milton FL 850-490-2366 www.integrative-therapy-center.com

Hope Counseling Services: 6820 Hwy. 87N, Milton, FL and 9999 Chemstrand Road, Pensacola, FL 850-471-3430 www.faithandhopecounseling.com

Bridgeway Center Inc.: 137 Hospital Drive NE Ft. Walton Beach, FL 850-833-7500 www.bridgewaycenter.org

<u>This is not an exhaustive list of resources</u>. If you have any other questions related to mental health resources or supports contact Cindy Peaden, Coordinator of Mental Health Services at 850-983-5150 ext. 1215 or email at <u>peadenc@santarosa.k12.fl.us</u>.

SANTA ROSA COUNTY DISTRICT SCHOOLS

SCHOOL SAFETY & MENTAL HEALTH RESOURCES

Safety is a top priority in our schools. If you are concerned about your child's mental health or safety, please reach out to your child's assigned school counselor.

The following services are available in our schools:

- *CDAC Services Mental Health Support
- *Trauma Informed Counselors Crisis Support *MFLC Services - Support for students of
- MFLC Services Support for students of military families
- *School Social Workers assist with resources and linkage to additional services available in the school and community.



Help for you on the phone or in-person 24 HOURS A DAY, 7 DAYS A WEEK 866.517.7766

Lakeview Center



SEE SOMETHING? SAY SOMETHING! Santa Rosa Speak Out

850-437-STOP

To anonymously report any threatening behavior that endangers you, your friends, your family, your campus, or your community, call or scan the QR code to report your concern.

FORTIFYFL

FortifyFL is a suspicious activity reporting tool that allows you to instantly relay information to appropriate law enforcement agencies and school officials.

www.getfortifyfl.com

In crisis?

Text HELLO to 741741.

Free, 24/7, confidential crisis support by text.

DRIESS FEXT LINE |

Suicide and Crisis Lifeline

The lifeline provides 24/7, free and confidential support for people in distress, and prevention and crisis resources for you or your loved ones.

CALL 9-8-8

Call 1-800-273-TALK(8255)

https://988lifeline.org/



www.hopeforhealing.com

Hope for Healing navigates the many ways Floridians can access help for mental health and substance abuse.



Scan this QR Code to access the Florida Local Youth Mental Health Resource Guide.





If you have any questions about any of these resources, Contact the Coordinator of Mental Health Services at peadenc@santarosa.k12.fl.us or 850-983-5150 ext 1215

WHEN SHOULD I CALL?

CALL MRT IF:

- An individual is experiencing out of control behaviors that place him at risk of harming self or others.
- An individual is expressing thoughts of suicide.
- An individual is experiencing severe stress that results in a significant decline in daily and/ or family functioning.
- When you just don't know what else to do.

CALL 911 IF:

- An individual has attempted or is in immediate risk of attempting or completing suicide.
- An individual is at immediate risk for aggression, violence or has committed a crime.
- An individual is in need of medical attention.

IMPORTANT REMINDERS:

- MRT will respond within 60 minutes.
- Basic demographic and history information is needed for dispatch of team.

Lakeview Center



Mobile Response Team 1304 West Avery St • Pensacola, FL 32501

24/7 Mobile Response Team Line: 866.517.7766

Fax: 850.469.3876

Counties served: Escambia / Santa Rosa / Okaloosa / Walton

LAKEVIEW CENTER

MOBILE RESPONSE TEAM

Serving Adults, Children and Families in Escambia, Santa Rosa, Okaloosa and Walton Counties



Help for you on the phone or in-person 24 HOURS A DAY, 7 DAYS A WEEK

866.517.7766

e LAKEVIEWCENTER.ORG



WHO WE ARE

The Mobile Response Team (MRT) provides around-the-clock intervention and support to all individuals in Escambia, Santa Rosa, Okaloosa and Walton Counties dealing with a behavioral or mental health crisis. We're mobile, so we come to you. We also provide help over the phone.

We partner with local law enforcement, schools, emergency rooms and providers to support individuals in need during traumatic events. Our goal is to respond quickly with needed services in order to:

- Reduce Trauma
- · Prevent unnecessary hospitalizations
- Divert individuals from emergency departments or the juvenile justice/criminal system

HOW WE HELP

The MRT supports youth, adults and families showing signs of mental health issues that pose a threat to stability within the home, school or community, including but not limited to:

- Anger
- Self-injury
- · School problems
- · Suicidal of homicidal thoughts or behavior
- Extreme parent/child conflict
- Seeing or hearing things
- Depression/anxiety



WHAT WE DO

MRT responds by phone or in-person in order to quickly offer effective interventions that meet individual needs.

Telephone Triage – Trained mental health professionals are available to evaluate, prevent or resolve a crisis and decide if a referral will be made to a community resource or qualified specialist.

Crisis Response – If care is needed beyond a phone call, a face-to-face response team will go to the home, school or community setting and work to resolve the situation.

After-Care – Follow-up and referral care is available. MRT is here to ensure a smooth transition to any support services that may be necessary.