

What is Concerning?

Warning Signs of Suicide

- Threatening to kill/hurt ones self
- Seeking access to lethal means
- Increased drug use or risky activities
- Expressing guilt/shame or feeling like a burden to others
- Sleeping too much or too little
- Withdrawal from family/friends or giving away personal items
- Feeling or expressing extreme psychological pain
- Talking, writing, or posting on social media about suicide

Source: National Institute of Mental Health

Warning Signs of Threats to Others

- Threats to the target, others, and/or intent to attack
- Intense or escalating anger
- Interest in or obtaining a weapon
- Sadness, depression, or isolation
- Changes in behavior or appearance
- Suicide and/or self-harm
- Interest in violence
- Talk of being bullied
- Concerns of grades/attendance
- Harassing others

Source: US Secret Service

Resources

Contact Perri Gipner for questions about STAT or SRAT: 970-626-2977

To ask for help:

- **Colorado Crisis Services:** call 844-493-8255 or text 38255
- **The Axis Mental Health Crisis Walk-In Center (Montrose):** 970-252-6220

To anonymously report concerning behavior:

- **Safe2Tell App or call:** 1 (877)-542-7233

Steps to Support Someone in Emotional Pain

ASK

"Are you thinking of killing yourself?". Studies show that asking at-risk individuals does **not** increase suicides.

Keep Them Safe

Reducing access to highly lethal **items** (firearms, weapons, medications, drugs/alcohol) or **places** is an important part of suicide prevention. Try to disable their suicide plan if they have one.

Be There

Create a safe space with your presence and **listen** carefully to what the person is thinking and feeling.

Help Them Connect

Help them connect to crisis resources or with a trusted individual (family member, or mental health professional)

Stay Connected

Make space and time for ongoing conversations, it can make a difference.

Student Threat and Suicide Prevention Program



Questions?

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Program Information



Program Description

In response to the growing youth suicide rate and the need for a structured response to student threats against our schools, the Uncompahgre Board of Cooperative Educational Services (UnBOCES) along with its five member school districts of Norwood, Ouray, Ridgway, Telluride, and the West End has adopted the Salem-Keizer Risk Assessment Model with support from the West-Central Colorado Threat Assessment System. This kind of program is recommended by the National Council for Behavioral Health and the FBI to support youth who are **making threats to themselves or others** and aims to reduce expulsions, suspensions and youth suicide. At the school level, the team responding to threats to others is called the Student Threat Assessment Team (STAT), and for threats to self, the Suicide Prevention Team (SRAT).

Program Goals

Increase the psychological safety of school staff, students and their families

Decrease suicides and violent acts in students and young adults

Safely return students to school as quickly as possible following a suspension, expulsion, or psychological crisis

Process

At school, if there is a concern, information is gathered through interviews by a school administrator or counselor using a standardized information gathering tool called a Threat Assessment (TA) or the Suicide Prevention Protocol (SPP). The school level protocol is called a **Level 1**. The goal of assessment is to gather information to make a plan to keep the student safe and always involves parents/caregivers. If it is determined that the student needs additional evaluation and assessment, a **Level 2** referral is placed and the community team is initiated. **Team members work together to ensure youth are appropriately assessed and matched to interventions to address behavioral other needs of the youth and their families to help the student safely return to school.**

Community Concern



Level 1 Process

1. School counselor and administrator gather information by interviewing student (law enforcement and mental health included if indicated)
2. Parent is notified and interviewed
3. Teacher and witnesses are interviewed, if appropriate
4. School staff make determination whether to refer to a higher level of assessment and support or manage through a plan



Level 2 Process

Suicide: referral is made to the crisis response team for further evaluation.
Return to school: Administrator and counselor hold a Safety and Support Planning meeting with student and parents/guardians.
Threat: additional interviews are conducted and referred to community-based team for review, investigation, and support identification.