

## Suicide Prevention SB 323

The following pages outline the Suicide Prevention guidelines for USD 392, Osborne County. Included is the original Jason Flatt Guidance (Senate Bill 323), resources, Kansas Vital Statistic data on Suicides, warning signs and responses.

If you have any questions, please feel free to call the office at the High School (785-346-2143) or the Elementary School (785-346-5491).

## Original Jason Flatt Guidance (SB 323)

The Legislature has passed and the Governor has signed SB 323 which is known as the Jason Flatt Youth Suicide Awareness Act. The provisions of this bill relevant to suicide awareness and prevention are:

- The board of education of each school district shall provide suicide awareness And prevention programming to all school staff and shall notify the parents or Legal guardians of students enrolled in such school district that the training Materials provided under such programming are available to such parents Or legal guardians.
- Such programming shall include at a minimum:
  1. At least one hour of training each calendar year based on programs Approved by the State Board of Education. Such training may be Satisfied through independent self-review of suicide prevention Training materials; and
  2. A building crisis plan developed for each school building. Such plan Shall include:
    - Steps for recognizing suicide ideation;
    - Appropriate methods of interventions; and
    - a crisis recovery plan

On or before January 1, 2017, the State Board of Education shall adopt rules and regulations necessary to implement the provisions of this section.

The following information can be found in the 2014 Kansas Annual Summary of Vital Statistics:

- 454 Suicide deaths in Kansas - 2014
- "The suicide age-adjusted death rate increased from 14.7 deaths per 100,000 population in 2013 to 15.7 deaths per 100,000 population in 2014."
- "Males and females died from suicide at about the same average ages (46.7 and 46.9, respectively)."
- Suicide remains the second leading cause of death for the 15-24 age-group. Suicide also remains the second leading cause of death for the 25-44 age-group. Suicide has fallen to the fourth leading cause of death for the 514 age-group. It remains the 5th leading cause of death for the 45-64 age group
- "In 2014, 454 Kansas residents died due to suicide, up 6.6 percent from 426 suicide deaths in 2013. Almost four-fifths (78.6%) of suicide victims were male. The two age groups with the largest number of suicides were 45-54 (92 deaths) and 55-64 (76 deaths). The three most common methods of suicide were firearms (237 deaths), suffocation (123 deaths), and poisoning (65 deaths)."
- Approximately one Kansan died by suicide each day in 2014.
- The average age of death by suicide was 46.8 in 2014.
- Suicide remains the 10th leading cause of death in Kansas.
- Suicide accounted for approximately 13,107 years of potential life lost in 2014.

In 2014, Kansas was ranked 22nd in the United States in suicides with a rate of 15.7 per 100,000 population.

## **YOUTH SUICIDE WARNING SIGNS**

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress
- Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.
- Withdrawal from or changing in social connections/situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recent increased agitation or irritability

## **HOW TO RESPOND**

If you notice any of these warning signs, you can help:

1. Ask if they are ok
2. Express your concern about what you are observing in their behavior
3. Listen attentively and non-judgmentally
4. Reflect what they share and let them know they have been heard
5. Tell them they are not alone
6. Let them know there are is help
7. If you are or they are concerned, guide them to additional help

Source: [youthsuicidewarnings.org](http://youthsuicidewarnings.org)

## Guidelines for Staff Reporting

1. Report concerns or observations of warning signs to the principal or counselor as soon as possible. If student is visibly upset or has threatened harm to themselves or others, do not leave them alone. If you cannot leave your room, call to the office for the counselor or principal.
2. Principal or counselor talks to student.
3. If warranted, parents are notified.

## RESOURCES

Reach Out-Preventing Teen Suicide (2013)

Mayo Clinic

music video

<https://www.youtube.com/watch?v=TleBxeOxFyE>

Teen Suicide Prevention (2013)

Mayo Clinic

<https://www.youtube.com/watch?v=3BBvqa7bhto>

Signs of Suicide Risk in Teens(2014)

Eastern Idaho Reg. Med. Center

<https://www.youtube.com/watch?v=BJn0g4p63OY>

High Plains Mental Health

209 West Harrison, Osborne, Ks.

785-346-2184

After Hours/Emergency 1-800-432-0333

## SUICIDE PREVENTION

According to the 2014 Kansas Annual Summary of Vital Statistics, suicide is the second leading cause of death for the 15-24 age group. Our district believes that it is critical for our students that all staff members of USD 392 to learn to recognize the following:

- \*the warning signs of suicidal ideology
- \* the indicators of risk factors for suicide
- \* how and where of report concerns about students

It is also very important that each staff member be familiar with the process that we have in place to help students. The resources listed below were used in staff training and are available for parents, students and all patrons.

### RESOURCES

**Reach Out-Preventing Teen Suicide**    Music Video    Mayo Clinic

<https://www.youtube.com/watch?v=TleBxeOxFyE>

**Teen Suicide Prevention**    Mayo Clinic

<https://www.youtube.com/watch?v=3BByqa7bhto>

**Sign of Suicide Risk in Teens**    Eastern Idaho Regional Medical Center

<https://www.youtube.com/watch?v=BJn0g4p63OY>

**National Suicide Prevention Lifeline**    1-800-273-TALK

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**You Matter**

[Youmatter.suicidepreventionlifeline.org](http://Youmatter.suicidepreventionlifeline.org)

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