St. Paul School District Suicide Prevention Plan

The St. Paul School District (SPSD) is deeply committed to the physical, emotional, and mental well-being of its students. As part of this commitment, the District acknowledges that suicide is a leading cause of death among young people. SPSD understands that by adopting and implementing comprehensive suicide prevention policies and procedures, we are not only complying with Senate Bill 52 but also fulfilling our ethical responsibility to safeguard the lives of our students. The District is committed to a proactive approach to suicide prevention, recognizing that early intervention, support, and prevention are essential to improving outcomes and saving lives.

The purpose of this Suicide Prevention Plan is to outline strategies and procedures to prevent, assess the risk of, intervene in, and respond to suicide within the St. Paul School District. This plan is based on the understanding that both physical and mental health are integral components of student outcomes, influencing academic performance, personal development, and long-term success.

The St. Paul School District:

1. **Recognizes** that physical and mental health are essential to student success and overall well-being.
2. **Acknowledges** that suicide is a significant issue impacting youth in our community and is a leading cause of death among young people.
3. **Commits** to a proactive approach to suicide prevention, prioritizing the lives and safety of students.
4. **Strives** to foster an environment that is sensitive to the individual, societal, and environmental factors contributing to suicide risk, promoting resilience, and ensuring the safety of all students.
5. **Affirms** that a comprehensive suicide prevention strategy must include prevention, intervention, and postvention elements.

Each school within the St. Paul School District has identified a key point of contact for issues related to suicide prevention and the implementation of suicide prevention policies. These individuals will be responsible for overseeing the District's response to suicide risks, including coordinating suicide prevention efforts, supporting affected students, and ensuring policy adherence.

Below are the designated administrators or staff members for each building for the 2024-2025 school year:

1. **St. Paul Middle/High School**
   Administrator: Dr. Tiffany Fotre
   Title: Principal
   Email Address: tiffany.fotre@stpaul.k12.or.us
   Phone Number: 503-633-2541

2. **St. Paul Elementary**
   Administrator: Dr. Troy Fisher
   Title: Superintendent and Principal
   Email Address: troy.fisher@stpaul.k12.or.us
   Phone Number: 503-633-2691

Components of the Suicide Prevention Plan

A. Prevention

Education and Awareness:

1. Regular mental health education for students, staff, and families, including information about recognizing warning signs of suicidal ideation and mental health struggles.
2. Age-appropriate curriculum to increase understanding of mental health, emotional regulation, and resilience.
3. Promotion of available resources, including school counselor and community services.

Youth Suicide Prevention Programming
Developmentally appropriate, student-centered education materials will be made available to all students. The content of the curriculum shall include strength based coping strategies and how to recognize risk factors and warning signs of mental disorders and suicide in oneself and others, help-seeing strategies for oneself or others, including how to engage school resources and refer others to help.

The materials for grades 4-7 will be Sources of Strength.

The materials for grades 8-12 will be done through the school advisory program.

Training for Staff and Students:

- Mandatory training for all staff on identifying and responding to warning signs of suicide and self-harm, including referrals to appropriate mental health resources.
- QPR training every three years.

Creating a Supportive School Environment:

- A safe and inclusive school culture where students feel valued, supported, and respected.
- Anti-bullying policies and programs to minimize risk factors such as social isolation, bullying, and discrimination.
- Support for students facing challenges related to mental health, substance use, and trauma.

B. Intervention

1. **Risk Assessment and Referral Procedures:**
    - Clear and systematic procedures for identifying students at risk of suicide, including screening tools, confidential reporting mechanisms, and referrals.
    - Immediate intervention by trained professionals when a student is identified as being at risk.
    - Collaboration with local mental health agencies and resources for in-depth assessment and counseling.
2. **Crisis Intervention:**
    - Development of emergency protocols for handling suicide crises, ensuring immediate care for students in distress, including phone hotlines, text services, and access to on-site mental health professionals.
    - Clear communication among staff and between schools, parents, and community mental health services to ensure continuity of care.
3. **Involvement of Families:**
    - Encourage family involvement by communicating concerns with parents or guardians in a timely and sensitive manner.
    - Provide families with resources to help them support their child and ensure follow-up care.

C. Postvention

1. **Support for Students and Staff Affected by Suicide:**
    - Provide counseling and emotional support for students and staff following a suicide or suicide attempt within the school community.
    - Postvention services should address grief, trauma, and loss, focusing on the well-being of those affected by the death of a peer or teacher.
2. **Community Collaboration:**
    - Partner with local mental health organizations, hospitals, and community resources to offer long-term support for individuals affected by a suicide or suicide attempt.
    - Facilitate community-wide awareness campaigns to educate on the importance of mental health, suicide prevention, and available resources.
3. **Prevention of Contagion:**

    - Minimize media coverage of suicide to prevent the risk of contagion, adhering to best practices in reporting suicide.
    - Provide guidance on memorials and anniversaries of a death to prevent negative emotional effects and encourage healthy grieving practices.

V. Implementation and Monitoring

1. **Publication and Accessibility of the Plan:**
    - The Suicide Prevention Plan will be made available on the St. Paul School District website for easy access by students, parents, staff, and community members.
    - The plan will be regularly reviewed and refined in consultation with mental health experts, staff, and student representatives to ensure its relevance and effectiveness.
2. **Ongoing Evaluation and Improvement:**
    - Regular assessment of the effectiveness of the plan, including feedback from students, staff, and parents.
    - Continuous improvement through data collection, evaluation of outcomes, and consultation with external experts in mental health and suicide prevention.

VI. Conclusion

The St. Paul School District is dedicated to preventing suicides by promoting mental health awareness, offering timely interventions, and providing ongoing support to students and families. This Suicide Prevention Plan underscores our commitment to the health, safety, and well-being of all students. By implementing this comprehensive, compassionate approach, we are not only fulfilling our legal responsibilities but also making a meaningful difference in the lives of our students.

VII. Contact Information

For more information, or if you or someone you know is struggling, please contact:

- School Counselor:Annette Rost 503-540-1687, annette.rost@stpaul.k12.or.us
- Suicide Prevention Hotline: [Contact Information]
- Local Mental Health Services: [Contact Information]

This document is subject to periodic updates and revisions to ensure its effectiveness in preventing suicide and supporting student well-being.