

Liberty Union High School District

Suicide Prevention Protocols

For students that present self-harm and/or harm to others



Background

These protocols are intended to assist Liberty Union High School District (LUHSD) school counselors on how to best respond and address student related crises. These protocols were developed by a task force of school counselors, school site and district administrators after a nationally acclaimed trainer provided a relevant professional development training to all district school counselors, school psychologists and targeted school site and district administrators.

It is important for all district counselors to have a working knowledge of these protocols. Although LUHSD strives to respond in a consistent and uniformed manner, the specific facts and circumstances of any crisis may lead the district to adjust the actions suggested in these protocols.

All district counselors should be familiar with these protocols and follow them. This is to ensure a comprehensive, cohesive and safe response to any crises that may arise.

Suicide Prevention Guidance

- Conduct an interview while completing the [Columbia-Suicide Severity Rating Scale](#) (C-SSRS)
 - If deemed necessary, pull in 2nd person (counselor or psychologist) as part of assessment process
- Complete the [Suicide Risk Assessment Summary Sheet](#)
 - **Low/Medium Risk Student**
 - complete [Safety Plan](#)
 - document in Aeries (under 53—*Mental Health*)
 - follow-up with student as necessary
 - contact parent and inform of the safety issue
 - have parent sign/send home parent packet:
 - [“Suicide Risk: Parent Notice”](#) ([Spanish version](#))
 - [“Tips for Keeping Your Child Safe”](#) ([Spanish version](#))
 - If student qualifies for special education services, contact a school psychologist and the student’s case manager
 - Inform student’s administrator via e-mail.
 - Contact CPS if there is reasonable suspected abuse: 877.881.1116, hotline fax: 925.608.6980.
 - **Medium/High Risk**
 - contact Administrator and School Resource Officer (SRO)
 - SRO should assist in determining the risk level
 - contact parents for possible transportation to hospital (SRO will help determine)
 - document in Aeries (under 53—*Mental Health*)
 - have parent sign/send home parent packet:
 - [“Suicide Risk: Parent Notice”](#) ([Spanish version](#))
 - [“Tips for Keeping Your Child Safe”](#) ([Spanish version](#))
 - [“Release of Information Form”](#)
 - If student qualifies for special education services, contact a school psychologist and the student’s case manager
 - Contact CPS if there is reasonable suspected abuse: 877.881.1116, hotline fax: 925.608.6980.
 - Schedule an SST meeting within a week from the incident date and ensure emergency and health records are updated
 - Review and initiate the appropriate steps noted in the district’s [Student Re-entry Guidelines](#)
 - **High Risk**
 - contact an administrator and SRO for 5150 evaluation
 - Administrator and SRO shall be present during the assessment period
 - If SRO is not available, contact BPD at 925-634-6911 or OPD at 925-625-8060.
 - Parent notification will be made by SRO/PD
 - If student qualifies for special education services, contact a school psychologist and the student’s case manager
 - document in Aeries (under 53—*Mental Health*)
 - have parent sign/send home parent packet

Suicide Prevention Protocols

- [“Suicide Risk: Parent Notice”](#) ([Spanish version](#))
- [“Tips for Keeping Your Child Safe”](#) ([Spanish version](#))
- [“Release of Information Form”](#)
- Check in upon re-entry and set up support plan for school.
 - Review and initiate the appropriate steps noted in the district’s [Student Re-entry Guidelines](#).
- Schedule an SST meeting within a week from the incident date and ensure emergency and health records are updated
- Contact CPS if there is reasonable suspected abuse at 877.881.1116, fax report to 925.608.6980.

NOTE: When consulting with the SRO or other police officer, provide all the obtained information in a cohesive time-line manner. The SRO or other police officer will use the information to conduct his/her own assessment to determine risk level and if a 5150 is appropriate.

Counseling Resources

This list includes selected offices that can be helpful, during and after a crisis. It is not intended as a list of all possible District resources. **Remember: your first call in a life-threatening emergency should be to 911.**

EMERGENCY RESOURCES	
Suicide Hotline	(800) 273-8255
Child Abuse Hotline	(877) 881-1116
Homeless	(800) 808-6444
GLBT National Help Center	(888) 843-4564
Crisis Chat	www.crisis-center.org
Grief Counseling	(800) 837-1818

CONTRA COSTA MENTAL HEALTH RESOURCES	
Access Mental Health Appointment Line	(888) 678-7277
Adolescent, Adult & Children's Psychiatric Program	(800) 680-6555
Center for Human Development	(925) 753-1004
Children's Mental Health—Contra Costa area	(925) 427-8664
Community Counseling Center	(925) 798-9240
Community Violence Solutions	(925) 726-4290
Contra Costa Crisis Center	(800) 833-2900
Crockett Counseling Center	(925) 370-6544
Family Advocate Mental Health (CCHS)	(925) 957-5139
Family Street Center—Antioch	(925) 706-8477
First Hope (CCHS)	(925) 681-4450 (under age 18)
George Miller Center—Concord	(925) 646-5710
National Alliance for the Mentally Ill (NAMI)	(925) 942-0767
Northern Family Center	(925) 370-1990
Putnam Clubhouse—Mental Health Day Program	(925) 691-4276 (18 and over)
The Hume Center	(925) 825-1793
YWCA Mental Health Program	(925) 372-4213

RESOURCES

[After a Suicide: A Toolkit for Schools, \(Suicide Prevention Resource Center\)](#)

[Behind the Grief, A Handbook for Survivors of Suicide \(Centre for Suicide Research and Prevention\)](#)

[Community Card \[for Teachers\]](#)

[LUHSD Policy Suicide Prevention](#)

[Media Guidelines \(World Health Organization\)](#)

[Parent's Guide to Teen Depression: Helpguide.org](#)

[Suicidal Thinking and Threats: Helping Handout for the Home](#)