

### Creating Suicide Safety in Schools Best Practices Notes

This is a Best Practices protocol for developing safety plans within school settings. Again, this is a good introduction to “real world” best practices protocols.

In addition to this resource for schools, school counselors, educators and administrators are encouraged to visit the best practices website developed and maintained by the University of South Florida, referred to as The Guide. This is a very thorough resource site for all invested in suicide prevention at the prevention, intervention and postvention phases. The link for this is at: <http://theguide.fmhi.usf.edu/>

<http://www.sprc.org/content/bpr-adds-csss>

BPR Adds CSSS

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Creating Suicide Safety in Schools added to BPR

Creating Suicide Safety in Schools (CSSS) has been added to the Best Practices Registry. CSSS is a one-day workshop (developed by the Suicide Prevention Center of New York State) that helps schools plan for suicide prevention and response programs. For more information, visit the [Best Practices Registry](#).

<http://www.sprc.org/bpr/section-III/creating-suicide-safety-schools>

Best Practices Registry

The BPR is funded by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

For more information about the BPR contact [Sarah Bernes](#).

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\*The content of practices listed in Section III (Adherence to Standards) of the SPRC Best Practices Registry address specific goals of the National Strategy for Suicide Prevention and have been reviewed by a panel of three suicide prevention experts and found to meet standards of accuracy, safety, and programmatic guidelines. Practices were not reviewed for evidence of effectiveness.

## **Creating Suicide Safety in Schools**

### Setting

#### **Middle Schools & High Schools**

### Type of Program

#### **Education & Training**

### 2001 National Strategy for Suicide Prevention Goals Addressed

**1.1, 1.2, 2.4, 5.2, 7.1**

### **Program Description**

*Creating Suicide Safety in Schools* (CSSS) is a one-day workshop designed for school-based interdisciplinary teams, empowering them to establish realistic short-term plans for effective suicide prevention and response planning. Participants spend time planning and problem solving for specific actions needed for suicide-safer schools. The workshop's format includes didactic presentations coupled with small workgroup discussions, checklists, group planning documents, and exposure to free and low-cost resources that meet best practice recommendations and/or evidence-based practice standards. *Creating Suicide Safety in Schools* incorporates key aspects of the Social-Ecological Prevention Model, public health perspectives, and recommendations for school-based suicide prevention practices (e.g., Berman, Jobes, & Silverman, 2006; Miller, 2011). Further, the workshop explores six broad categories of school-based suicide safety: (1) policies, procedures, and standardized protocols; (2) staff training; (3) promotion of student protective factors; (4) identification and reduction of student risk factors; (5) postvention planning; and (6) engagement of family and community. To accompany the workshop, the Suicide Prevention Center of New York developed a resource binder that included public domain materials using two criteria: (1) well-researched and well-aligned with principles of the Best Practices Registry; (2) usable by school personnel for suicide prevention planning. Original material was added to introduce and organize existing materials and to fill in missing information. Evaluations of early workshops guided the refinement of materials in the binder and led to added planning worksheets, checklists, and structured activities.

### **Objectives**

School personnel that attend the Creating Suicide Safety in Schools workshop will be able to:

1. Review, refine, and implement school-based suicide prevention, intervention and postvention activities.
2. Create a school-specific comprehensive suicide prevention and response plan.
3. Assess suicide program and training needs.
4. Access available local and national resources for school-based suicide prevention.

### **Implementation Essentials**

Before the implementation of school-based suicide prevention programs, protocols for response to students who may be at risk of suicide should be developed and disseminated.

### **Contact Information**

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### **Costs**

The *Creating Suicide Safety in Schools* workshop is available from the Suicide Prevention Center of New York State (SPCNY). Contact SPCNY for workshop information and costs.

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