

RESURRECTION CATHOLIC SCHOOL SUICIDE PREVENTION PLAN

Catholic education intends to form young people through faith to live flourishing lives, and to live authentically in service to others. As such, the Catholic schools should be sanctuaries for young people to come to know themselves, discern deep questions, and feel God's love. Mercy should be the hallmark of every Catholic school.

The topic of suicide can be a sensitive topic for all involved, especially when it involves students. It is helpful to remember that God is the giver of all life. Each of us has been made in God's image and likeness (Genesis 1:27) with both a body and a soul.

The purpose of this document is to protect the health and well-being of the students enrolled at Resurrection Catholic school. This plan allows our school to put strategies in place to educate staff and families about suicide prevention, intervene when necessary and respond to suicide.

According to the latest CDC's WISQARS National Data Reporting, suicide is the second leading cause of death for children ages 10-14 in the state of Kansas and the first leading cause of death for ages 12-18 (middle school and high school). Suicide can be preventable and awareness of the following indicators can assist with self-harm and suicide prevention. Four out of five individuals considering suicide give some sign of their intentions either verbally or behaviorally. These common indicators are delivered to our RCS staff (updated annually) and are made available to our community.

Indicators Related to Suicide:

- Talking about or making plans for suicide
- Expressing hopelessness about the future
- Displaying severe/overwhelming emotional pain or distress Worrisome behavioral cues or noticeable changes in behavior (e.g. withdrawal from or changing social connections/situations, changes in sleep patterns, anger or hostility that is out of character or out of context, recent increased agitation or irritability)
- Putting personal affairs in order
- Giving away prized possessions
- Sudden interest or disinterest in religion
- Increased interest in death and dying
- Unexplained anger, aggression, irritability or mood change
- Direct expressions of suicidal ideation or intent, such as "I wish I were dead" or "I am going to kill myself"

- Indirect expressions of suicidal ideation or intent, such as "I wish I could go to sleep and never wake up" or "Everyone would be better off without me."
- Stockpiling of pills or weapons Change in interaction with family or friends
- Recent disappointment or rejection
- Sudden decline or improvement in academic performance
- Increase apathy
- Feelings of hopelessness, that things will not get better
- Feeling you are a burden to loved ones

www.achoiceolive.org

Student Disclosure

In the event a student discloses thoughts or an intent to commit suicide the adult should be careful in their response.

Some things you could say...

"You are not alone in this. I'm here for you."

"You may not believe it now, but the way you are feeling will change."

"I may not be able to understand exactly how you are feeling, but I care about you and want to help."

"When you want to give up, tell yourself that you can hold off for just one more day, hour, minute... whatever you can manage."

Some things you should not say...

"You shouldn't feel that way."

"It's not that bad."

"You have so much to live for..."

"I know how you feel. I have struggled with depression too."

"You have everything going for you."

Referral: In the event a teacher/employee has a concern about a student or a student threatens suicide, the following protocol will be followed. Staff member contacts Erin Cronin (Counselor) at extension 1340, ecronin@rcskck.org (913)710-8657. Erin will notify Garold Baker at extension 1100, gbaker@rcskck.org (913) 232-6244. In the event that Erin is out of the building, go directly to Garold. If Garold is out of the building, notify Michelle Beaven.

Parental Notification:

If a teacher reports self-harm or threats of suicide, the principal will immediately act to keep the student safe and contact parents. **Parents/guardians should be advised to take every statement regarding suicide and wish to die seriously and avoid assuming the child is simply seeking attention** (American Foundation for Suicide Prevention, 2016).

Suicide Prevention Protocols

Resurrection Catholic School will follow the suicide prevention procedures listed below. If any teacher or school employee identifies a student who is potentially suicidal as a result of directly or indirectly expressing suicidal thoughts (ideation) or demonstrating warning signs we will:

1. Take the threat of self-harm seriously.
2. Take immediate action by notifying the counselor and principal.
3. The parents will be contacted to pick up the student.
4. The student will be monitored and kept safe until the parent arrives at the school.
5. The student's parents will take the student to a licensed mental health professional to assess the level of risk.
6. All school actions will be documented.

The parents or guardian will provide documentation from a licensed mental health professional that the student has undergone an examination and that they are no longer a danger to themselves or others.

How to Respond:

In-School Suicide Attempt

- First aid will be provided until emergency treatment can be received
- School staff will supervise the student to ensure safety
- School staff will move all other students out of the immediate area as soon as possible
- School staff will immediately notify parents
- Parents will be required to access a professional mental health evaluation
- Administrator or Counselor will contact Lorenzo Rizzi with the Archdiocese.
- Administrator will develop a communication plan for students, teachers and parents.

Out of School Suicide Attempt

In the event the school becomes aware of a suicide attempt by a student outside of the school, the parents or guardian will be asked to provide documentation from a licensed mental health professional that the student has undergone an examination and that they are no longer a danger to themselves or others.

Re-Entry Procedures for Students

For students returning to school after a mental health crisis (e.g. suicide attempt or psychiatric hospitalization) a meeting will be held to discuss the re-entry and appropriate next steps to ensure the student's readiness to return to school.

- A school employee (e.g. principal, counselor, or designee) will coordinate with the parent or guardian, student, and any outside mental health providers.
- The parents or guardian will be required to provide documentation from a licensed mental health professional that the student has undergone an examination and that they are no longer a danger to themselves or others.
- A designated staff person will periodically check in with the student and parents to address ongoing concerns.

Postvention

In the event of a suicide related death the following steps should be followed:

- The death should be verified
- The principal or designee should speak with the parents of the student
- The pastor(s) should be notified
- Contact Loranzo Rizzi, at the Archdiocese, to coordinate the Crisis Response Team Develop a communication plan for student, teachers, parents, and the community