

SUICIDE AWARENESS

Jason Flatt Youth Suicide Awareness 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**:*
 - *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*
 - *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*

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. Specifically, this includes significant:
 - 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 in anyone, you can help:

1. Ask if they are ok or if they are having thoughts of suicide
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 treatments available that can help
7. If you are or they are concerned, guide them to additional professional help.

For more information, <http://jasonfoundation.com/get-involved/parent/>