Suicide Prevention

REFERENCE LIST:

Suicide Prevention Resource Center (SPRC) Online Library - This is a searchable collection of resource materials on various topics in suicide, suicide prevention, and mental health. Many of the materials are available free online in full text.

SAMHSA's National Registry of Evidence-based Programs and Practices (NREPP) - Evidence-based repository and review system designed to provide the public with reliable information on mental health and substance abuse interventions.

My3 App - MY3 is available in the Apple App Store and Google Play, free of charge. MY3 is designed to help individuals stay safe when they are experiencing thoughts of suicide.

Schoolpsychiatry.org – resources for clinicians

Follow Up Materials from CCAPS Meeting Keynote speaker and local panelists:

Shashank Joshi, MD – PowerPoint presentation

Greg McDonald, MA E.d – PowerPoint presentation

Scot McKay, MD – PowerPoint presentation

Mary Nord Cook, MD – ADHD Toolkit

Ellen Kelty, MA, NCSP – PowerPoint presentation

Suggested Reading:

Suicide in Colorado – article on the state of youth suicide and prevention in Colorado in 2016.

Carli et al. World Psychiatry - A newly identified group of adolescents at “invisible” risk for psychopathology and suicidal behavior: findings from the SEYLE study

School-based suicide prevention programmes: the SEYLE cluster-randomised, controlled trial

An Outcome Evaluation of the Sources of Strength Suicide Prevention Program Delivered by Adolescent Peer Leaders in High Schools

Books:

Latinas Attempting Suicide: When Cultures, Families, and Daughters Collide by Luis H. Zayas

Switch: How to Change Things When Change Is Hard by Heath and Heath

Flourish: A Visionary New Understanding of Happiness and Well-being by Martin E. P. Seligman
Academic and Research References:

Data Source Youth Risk Behavior Surveillance System

Report on Suicidal Thoughts and Behaviors Among Adults from the 2014 NSDUH report

Reporting on Suicide: Recommendations for the Media


Mann, J. J. et al. JAMA 2005;294:2064-2074

Sherry, P: Remedial Actions to Prevent Suicide on Commuter and Metro Rail Systems (San Jose State University: Mineta Transportation Institute) MTI Project 1129 March 2016.

Wasserman et al. Lancet 2015; 385; 1536-1544

Program Information:

Sources of Strength - a strength-based comprehensive wellness program that focuses on suicide prevention but impacts other issues such as substance abuse and violence. The program is based on a relational connections model that uses teams of peer leaders mentored by adult advisors to change peer social norms about help seeking and encourages students to individually assess and develop strengths in their life.

Project Safety Net - Project Safety Net is a collaborative community network held together by a common interest of fostering youth well-being in Palo Alto. Our mission is to develop and implement a community-based mental health plan that includes education, prevention and intervention strategies that together provide a “safety net” for youth in Palo Alto, and defines our community’s teen suicide prevention efforts. PAUSD Health Services: Comprehensive Suicide Toolkit for Schools 2013-2014
**FIRE Within** - Empower students to develop innovative entrepreneurial strategies to address teen suicide.

American Psychiatric Foundation’s *Typical or Troubled?®* School Mental Health Education Program

**Good Behavior Game** - The Good Behavior Game (GBG) is a team-based classroom behavior management strategy that helps young children master the role of student while developing the discipline needed to sit still, pay attention and complete their school work. GBG has also been proven to reduce students’ use of mental health and behavioral services from 1st grade through young adulthood. For young adults, especially males who were aggressive and disruptive, playing GBG as a child can have long-term impacts on mental health, smoking, and drug and alcohol abuse.

**Saving and Empowering Young Lives in Europe (SEYLE)** - SEYLE is a health promoting program for adolescents implemented in European schools. Its main objectives are to lead adolescents to better health through decreased risk-taking and suicidal behaviours, to evaluate outcomes of different preventive programs and to recommend effective culturally adjusted models for promoting health of adolescents in different European countries.

**HEARD Alliance** - This website is a place for primary care, mental health, school professionals, and families to access and use resources created or compiled by the HEARD Alliance.

**Reachout.com** - Peer support with clinical oversight

**Youth Aware of Mental Health (YAM)** - is a culturally sensitive program for 14 – 16 year olds offering a hands-on exploration of mental health topics through dialogue and play.

**Cognitive Behavioral Intervention for Trauma in Schools (CBITS)** - The CBITS program has been used most commonly for children in grades six through nine. Preliminary versions of CBITS have been used for children as young as eight years old.

**ER Means Restriction**

**Let’s Bring Change 2 Mind (LBC2M):** Start the conversation. End the stigma. [Guidebook](#).

**PATHS** - The PATHS® Curriculum provides teachers and counselors with a systematic developmental procedure for enhancing social competence and understanding in children.

**Applied Suicide Intervention Skills Training (ASIST)** is for everyone 16 or older—regardless of prior experience—who wants to be able to provide suicide first aid.