

**WHAT PARENTS AND
GUARDIANS NEED TO
KNOW ABOUT SUICIDE
PREVENTION IN OUR
SCHOOLS**



Lifelines
A Suicide Prevention Program

Important Things Parents and Guardians Need to Know

**Why Youth
Suicide
Prevention is
Important**

**How to
Recognize
Warning Signs**

**What are
Protective
Factors & How to
Foster Them**

**What your School
is Doing For
Prevention**

**What to do if You
are Worried
about Your Child**

**Becoming a
Partner in
Prevention**

Why Prevention in Schools is Important

Prevention falls under the mandate to provide a safe learning environment for students

Youth spend most of their time in school

Why Youth Suicide Prevention is Important

1. Second leading cause of death
10-24 year olds
2. Rate increasing for 5-11 year olds
3. Dramatic increase in attempts in
10-14 year old girls
4. Prevention DOES work!

BUT...

Can't talking
about suicide
plant the idea in
the minds of
vulnerable youth?

AND I'VE HEARD...

That talking about
suicide is just a
way to get
attention

IS IT SAFE...

To talk about suicide
in the school?

Understanding Suicide Better

A behavioral definition puts suicide into words that are easy to understand...

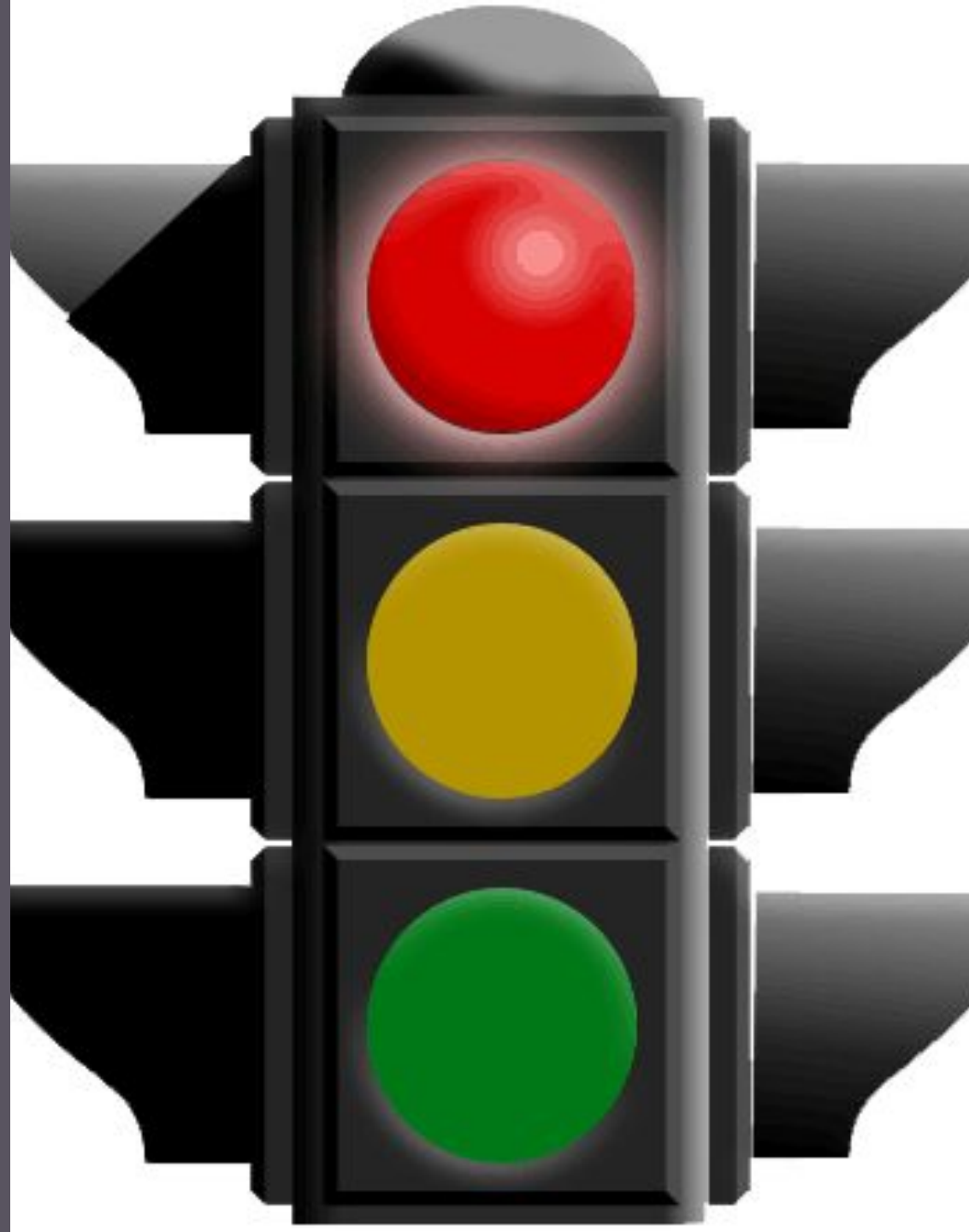
Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills

How to Recognize Warning Signs

Red - Warning

Amber - Risk

Green – Protective Factors



Risk Factors:

Traits, attributes, characteristics or other variables associated with increased risk for suicide or suicidal behavior

- Family history of suicide
- Mental health diagnosis
- Previous attempt
- Being exposed to a peer's death
- Access to lethal means

Warning Signs:

FACTS

- Feelings
- Actions
- Changes
- Threats/talk
- Situations

WARNING

SIGNS YOU

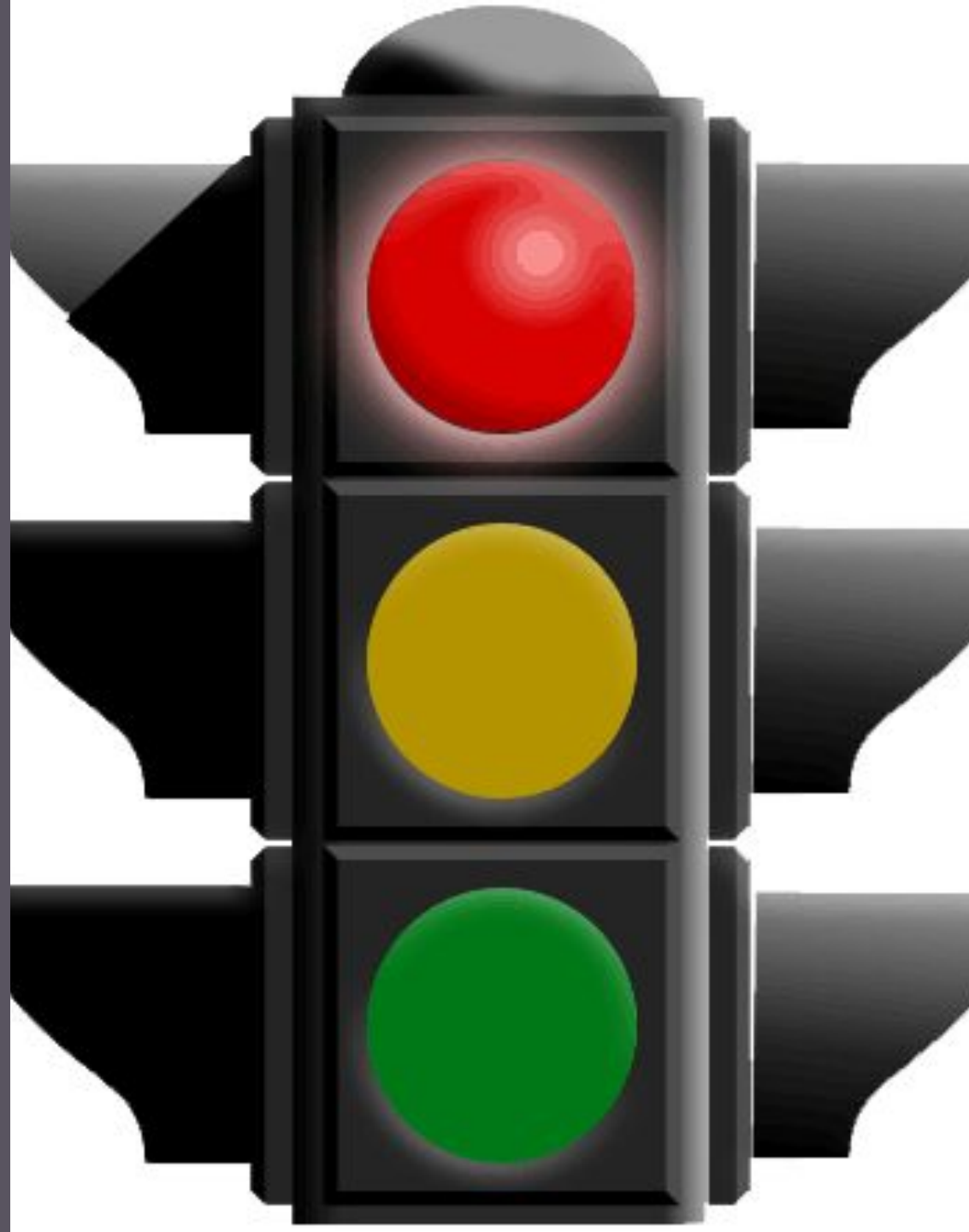
MAY NOTICE

AT HOME

- Changes in appearance
- Changes in mood, for example, no longer cheerful or suddenly cheerful
- Increased irritability
- Changes in eating habits
- Loss of interest in activities
- Bullying behavior (even as a bystander)
- Somatic (physical) complaints
- Actual threats or suicide notes
- Concerns expressed by peers

What are “Protective Factors” and How Do We Foster Them?

Personal, behavioral, or situational characteristics that contribute to resiliency and serve as a buffer against risk



Protective Factors for Youth

- Sense of connection
- Positive self-esteem and good coping skills
- Access to care for emotional/physical problems, substance abuse
- Cultural/religious beliefs that discourage suicide and promote self-preservation
- **Contact with a caring, trusted adult!**

The Importance of Trusted Adults

- Curriculum designed to help students identify Trusted Adults in their lives whom they can turn to for support
- Students name the qualities they look for in helpful/trusted adults
- Students encouraged to name at least two trusted adults



**AT LEAST 30% OF
YOUTH WILL
TELL SOMEONE
ELSE**

Fostering Protective Factors at Home



What We are Doing for Prevention: The Lifelines Trilogy

- Comprehensive
- Evidence-based
- Uses public health prevention model
- Sustainable

Lifelines
A Suicide Prevention Program

The Scope of Lifelines Training in NPSD Schools

The PE/Health teachers, our administrators, the mental health team, and our nurses were trained on the curriculum and its implementation.

All school staff receive a training on suicide awareness and prevention.

All parents/guardians will receive a training on suicide awareness and prevention.

Students participate in a Suicide Prevention Curriculum.

Prevention Goals



Everyone in the school community will:

- **Know warning signs**
- **Be able to identify students with warning signs**
- **Make effective referrals**

Curriculum Delivery

Four 45-minute lessons
students learn in 6th grade

Four 45-minute lessons
students learn in 8th grade

Two 45-minute lessons student
learn once in 12th grade

□ Students Will:

- Recognize the threat of suicidal thoughts and behavior and take troubled peers seriously
- Know relevant facts about suicide, including warning signs
- Demonstrate positive attitudes about intervention and help-seeking behavior
- Know how to respond to troubled peers
- Know resources: be able to name two trusted adults and know how they will respond

Instructional Objectives

**Lifelines Prevention
Curriculum
Principle Takeaways**

**Social
Connection**

Help-Seeking

**Knowing how to
access in
school
resources**

**WHAT TO DO IF YOU'RE
WORRIED ABOUT YOUR
CHILD**

Talk With Your Kids & Listen to Their Answers

Ask

Ask your kids what they think/feel about suicide

LISTEN

LISTEN to the answer

Don't disagree

Don't disagree with them or minimize what they tell you

Use

If you hear anything that concerns you, use the 3 magic words: TELL ME MORE

Be

Be prepared to take action IMMEDIATELY

Resources

National Suicide Prevention Hotline	988
New Providence Police Department	908-665-1111
Children's Mobile Response	877-652-7624
Children's Specialized Hospital (Mountainside)	908-233-3720
Trinitas Regional Medical Center (Elizabeth)	908-994-7223

[Union Co. Resource Directory](#)



Mental Health Personnel Contact Information 2022-2023

Department	School	Name	Title	Email	Phone
School Counseling	District	Mrs. Jillian Shadis	Director of School Counseling & NPHS School Counselor	jshadis@npsdnj.org	908-464-4700, x1622
	AWR	Ms. Kaitlyn Conlan	School Counselor	kconlan@npsdnj.org	908-464-4707, x3508
	SB	Mrs. Danielle Evans-Roglieri	School Counselor	devans@npsdnj.org	908-464-7100, x2685
	AWR & SB	Mrs. Kathy Yanni	School Counselor	kyanni@npsdnj.org	AWR 908-464-4707, x1612 SB 908-464-7100, x1624
	NPMS	Mrs. Kim Chrisostomides	School Counselor (Last names A-L)	kchrisostomides@npsdnj.org	908-464-9161, x1363
	NPMS	Ms. Amy McNany	School Counselor (Last names M-Z)	amcnany@npsdnj.org	908-464-9161, x1645
	NPHS	Ms. Lindsay Gnudi	School Counselor	lgnudi@npsdnj.org	908-464-4700, x1623
	NPHS	Ms. Kristy McCauley	School Counselor	kmccauley@npsdnj.org	908-464-4700, x1625
	NPHS	Ms. Christine Noppenberger	School Counselor	cnoppenberger@npsdnj.org	908-464-4700, x1651
	NPMS & NPHS	Mr. David Chango	Student Assistance Counselor	dchango@npsdnj.org	908-464-4700, x1430
Special Services	District	Dr. Joseph Harvey	Director of Special Services	jharvey@npsdnj.org	908-464-9050, x4239
	AWR & SB	Mrs. Ruth Orozco	School Psychologist	rorozco@npsdnj.org	908-464-7100 x2686
	AWR & SB	Mrs. Deanne Stanisci	School Psychologist	dstanisci@npsdnj.org	908-464-4707 x3590
	NPMS & NPHS	Ms. Grace Terlizzi	School Psychologist	gterlizzi@npsdnj.org	908-464-4700 x1652
	District	Mrs. Kathleen Shelley	Social Worker	kshelley@npsdnj.org	908-464-4700, x1655
	District	Mrs. Kira Shmuler	District Mental Health/Crisis Counselor	kshmuler@npsdnj.org	908-464-4700, x1653

How To Be a Partner in Prevention

- Be an advocate!
- Become educated about youth suicide, especially in your area
- Be alert to what's going on with teens in your community
- Be nosy- ask your child about rumors or gossip- monitor the internet
- Monitor behavior, especially alcohol/drug use
- Know your resources!
- If your child needs mental health services, be an educated consumer
- Stay concerned and FOLLOW UP!

NP Mental Health Advocacy & Education (NP MHAE) Committee

Mission: Advocate for mental health awareness, education, resources, care, compassion and connection in our community.

Who are we, what have we done?

- Newly formed borough committee (13 volunteers)
- Initiated “NP Be Kind to your Mind” campaign in May to recognize Mental Health Awareness Month. (Green Ribbons on light poles, yard signs and kids in schools were given green ribbons to wear)



- Trained ~ 60 community members (coaches, youth leaders and parents) in a suicide prevention program called QPR with partnership with MHANJ

What is coming up?

- QPR Training for community via Zoom on Oct 4. 30 Free seats available.
- Kira Shmuler, NPHS Crisis Counselor, has volunteered to become our community QPR Trainer and conduct more sessions this year
- To register for October 4 session or put your name on the waitlist for future sessions, please click on link:

REGISTRATION LINK:

<https://www.signupgenius.com/index.cfm?go=w.manageSignUp#/34917292>

How can I help?

- **VOLUNTEER!** - looking for passionate volunteers to help support our mission
- Lots of roles needed especially someone who can look for grants or help write grants
- Register via Borough website or contacting Debbie Merrick – 917-754-6980 or debbie.merrick@gmail.com

Borough website:

<https://www.newprov.org/boards-committees/volunteer-advisory-committees/>

More info about QR Gateway Training <https://qprinstitute.com/individual-training>

Exit Survey

**THANK YOU FOR BEING PART OF OUR
SUICIDE PREVENTION PROCESS!**