

Recommended Suicide Prevention Training Plan for Schools

maximizing [OHA-sponsored training available at low or no cost to schools](#)

| Who? | Which training? | Training Description | How often? | Contact information |
|--|---|---|--|---|
| All Staff | Question, Persuade, Refer (QPR) | A 1.5 hour virtual or in-person training program for anyone ages 16+ that teaches three easy steps to identify signs someone is thinking about suicide and how to connect them to help. AVAILABLE VIRTUALLY. | Every year | Crystal Larson 503.244.5211 qpr@linesforlife.org |
| Administrators Health Teachers School Nurses | Mental Health First Aid (MHFA) | A broad overview one-day training on recognizing the early signs of mental illness, mental health problems, and substance use. AVAILABLE VIRTUALLY. | Every 3 years | Maria Pos 503.399.7201 mpos@aocmhp.org |
| School Counselors Other School-based Mental Health Professionals Administrators (who may do initial suicide screening) | Applied Suicide Intervention Skills Training (ASIST) | An in-depth, two-day workshop designed for anyone ages 16+ to learn to provide skilled intervention and safety planning. CURRENTLY NOT AVAILABLE VIRTUALLY. | Every 3 years (4-hour “tune-up” course is available following completion of full training.) | Tim Glascock 503.367.3754 tglascock@aocmhp.org |
| Students | Some curriculum options (<i>more linked below</i>): RESPONSE Signs of Suicide (SoS) teen Mental Health First Aid (tMHFA) | “RESPONSE is a comprehensive high school based suicide prevention program designed to increase awareness, heighten sensitivity to depression and suicidal ideation, change attitudes, and offer response procedures to refer a student at risk for suicide.” Signs of Suicide (SoS) is a middle and high school education curriculum designed to teach students to identify warning signs of depression and suicide and encourage help-seeking and connection. Teen Mental Health First Aid “teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling.” | Curriculum and Upstream programs Ongoing | RESPONSE: http://www.columbiacare.org/response.html SoS: https://www.mindwise.org/w/hat-we-offer/suicide-prevention-programs/ tMHFA: Maria Pos 503.399.7201 mpos@aocmhp.org |

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| | <p>Complement curriculum with upstream community-building/SEL program:</p> <p>Sources of Strength</p> | <p>Sources of Strength is a youth-led program for elementary, middle, and high schools aimed at equipping students to be connectors to help and agents of change in a school setting with a focus on hope, help, and strength. AVAILABLE VIRTUALLY, IN-PERSON, OR FOR HYBRID LEARNING MODELS.</p> | | <p>Find a short list of recommended Suicide Prevention curriculum in Lines for Life’s Step-by-Step guide on page 40-47 here.</p> <p>Find additional SEL options and resources for Middle and High School here.</p> <p>Find additional SEL options and resources for PreK and Elementary here.</p> <p>Sources: Liz Thorne 503.593.2840 liz@matchstickpdx.com</p> |
| <p>Crisis Response Team</p> <p>School Counselors</p> | <p>Connect: Postvention</p> | <p>An in-person, half-day postvention training teaching adult service providers best practices to respond in a coordinated way in the aftermath of a suicide. AVAILABLE VIRTUALLY.</p> | <p>Every 5 years</p> | <p>Kris Bifulco 203.231.3619 kbifulco@aocmhp.org</p> |
| <p>School-based Mental Health Professionals</p> | <p>Collaborative Assessment & Management of Suicidality (CAMS)</p> | <p>Collaborative Assessment and Management of Suicidality (CAMS): “Therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk;” “A flexible approach that can be used across theoretical orientations and disciplines for a wide range of suicidal patients across treatment settings and different treatment modalities.” AVAILABLE VIRTUALLY.</p> | <p>Includes ongoing support from CAMS.</p> | <p>Maria Pos 503.399.7201 mpos@aocmhp.org</p> |
| <p>School Counselors</p> <p>Other School-based Mental Health Professionals</p> | <p>Youth Suicide Assessments in Various Environments (Youth SAVE)</p> | <p>An in-depth, equity-centered 9-hour workshop designed for advanced mental health staff to learn to provide skilled intervention and safety planning in virtual, hybrid, and in-person spaces.</p> | <p>Every 3 years</p> | <p>Tim Glascock 503.367.3754 tglascock@aocmhp.org</p> |

Contact the School Suicide Prevention & Wellness Program Manager at Lines for Life (SchoolSupport@linesforlife.org) to access mini-grant funds for suicide prevention programming.