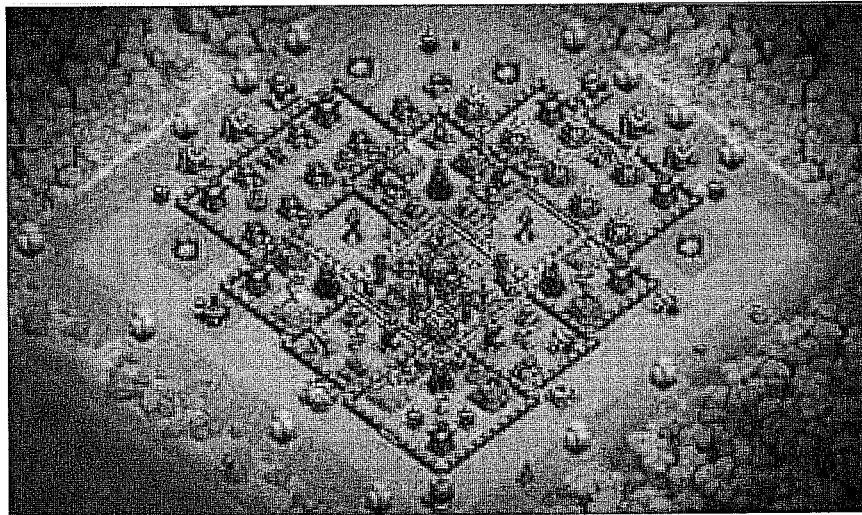


Beyond the Classroom

The Evergreen School District Wellness Newsletter

Suicide Prevention is Everyone's Concern



What is Assembly Bill 2246?

- Assembly Bill 2246 was passed in response to suicide being a public health problem that impacts youth. According to the CDC, suicide is the third-leading cause of death for youth (ages 10-24).
- Assembly Bill 2246 (O'Donnell) requires that California schools serving pupils in grades seven to twelve adopt a policy on pupil suicide prevention, intervention and postvention. The policy should include student and staff education.

What is Evergreen School District doing to address Assembly Bill 2246?

- Presently, there is a suicide prevention committee that is reviewing and updating current suicide prevention curriculum.
- There are mental health professionals (such as school psychologists, counselors and social workers), as well as community partners, available to assess for suicide.

- Teachers and staff have and are receiving Mental Health training to help identify warning signs.
- There is a Suicide Awareness and Prevention Parent Workshop on Tuesday, May 1, 2018, from 6:00 p.m.-7:30 p.m. at Chaboya Middle School.



What are warning signs of suicidal ideation?

Parents, teachers and peers are often the first ones to notice warning signs of suicidal ideation. The warnings signs include, but are not limited, to the following:

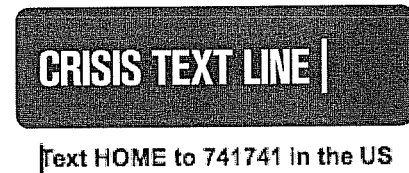
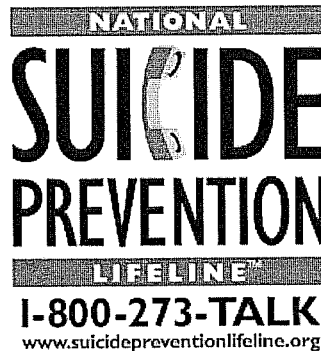
- Talking about wanting to die or suicide.
- Making statements about feeling hopeless and worthless.
- A deepening depression, terrible emotional pain, or extreme mood swings.
- Withdrawal from relationships or interests in things that one cares about.
- Partaking in self-injurious behavior (cutting or burning) or reckless behavior.
- Increase in drug and/or alcohol use.

What can you do if someone is suicidal or thinking about suicide?

- Get help right away. Options of immediate support are as follows: You can...
 - Call 911 if you or someone else is in a suicidal crisis.
 - Take the youth to a hospital emergency room for an evaluation if you are worried he/she is in imminent danger of hurting himself/herself or others.
 - Call Uplift Family Services 24-Hour Child and Adolescent Mobile Crisis Program (408-379-9085 or 877-41-CRISIS) to assess the youth who is in acute psychological crisis. Included in the service is a suicide assessment with safety planning and community-based mental health referrals.
- Additional ways to support the youth:

- Listen to him/her. Ask the child what is bothering him or her. Keep open communication.
- Tell the youth that you are worried about him/her and that he/she is not alone.
- Seek a mental health professional to discuss treatment and to conduct a mental health evaluation.
- Remove all firearms/weapons from the home.

Additional Resources



Santa Clara County Mental Health Call Center (800-704-0900, 24 hours, 7 days a week)

- Individuals will be screened for behavioral health needs. Callers will be directed to programs and services that are suitable for meeting their needs.
- Languages spoken are English, Mandarin, Spanish, Tagalog and Vietnamese.

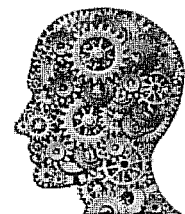
Santa Clara County Behavioral Health Services

- It provides various Suicide Prevention trainings. For more information, visit <http://tinyurl.com/ycv5hw7r>.

Evergreen School District's Mental Health Library

Parents and staff are invited to check out Mental Health related books from the District's Pupil Services Office. Topics include:

*Friendship *Grief *Parenting *Anger Management *Bullying
 *Self-Regulation *Anxiety *Social Emotional Learning



To view a full list of resources, please visit: [Pupil Services Mental Health Resource Library](#).
