Suicide was the third leading cause of death among 15–19 year olds in the United States in 2000 (1). A typical US high school classroom includes one boy and two girls who have attempted suicide in the past year (2). Adolescents spend one-third of their day in school, the institution that has the largest responsibility for educating and socializing youth (3). For this reason, schools provide an ideal setting for suicide prevention strategies for adolescents (4). School education codes include the mandate not only to educate, but to protect students (5). It seems that schools not only have a moral obligation to address adolescent suicide, but a potentially legal one as well. School districts have and can be sued for inadequate suicide-prevention programs (5,6,7).

School practitioners may also face liability in some situations by being held personally responsible (7). It is incumbent upon school administrators to make sure that the issue of adolescent suicide is addressed and given adequate time and resources in order to protect students and avoid tragedy for the community.

**Policies and Procedures**

One of the first steps that is essential for any suicide prevention program is establishing policies and procedures focused on such issues as, how to respond effectively to a student who may be expressing suicidal behaviors or threats, how to respond to the aftermath of a suicidal attempt or a death by suicide, and the various roles school personnel may play in preventing, intervening, and coping with a student who may be suicidal (8-14,15,16,17,18,29). Such policies not only demonstrate that a school places a priority on protecting its students, but increases the likelihood that a school suicide prevention program will be effectively implemented and maintained (13,14,15,19). Only after policies and procedures are in place can schools expect to effectively address adolescent suicide.
Suicide Prevention Guidelines continued

Gatekeeper Training

Once policies have been established, schools should consider training staff and faculty about adolescent suicide. Staff and faculty training, sometimes referred to as gatekeeper training, has been found to be an essential component for any suicide prevention program and is universally advocated as a necessary element of a school-based prevention program (3,7-10,12-14,17,20-27,29). Gatekeeper training usually consists of training any adult that interacts or observes students to be able to identify any students who may be at-risk for suicide, determine the level of risk, know where to refer a potentially at-risk student, how to contact these referral sources, and what school policies are in place that relate to suicidal crisis situations (17,22,25,28). Although teachers are expected to act as gatekeepers and know how to identify a student potentially at risk for suicidal actions, they should be informed that they are not meant to take on an additional role as a mental health counselor, but are simply meant to act as a watchful eye and “sound the alarm” (28).

Research has found that while teachers are in ideal positions to identify and refer students potentially at risk for suicide (4), only approximately 9% of health teachers (teacher with some experience with suicide curriculum) felt confident that they could identify a student at-risk (31). This is somewhat disturbing when one considers that research has found that more than 25% of all teachers sampled in a study reported that they had been approached by suicidal teens (32). What this means is that despite the fact that teachers are the most likely adults to come into contact with a potentially suicidal student, they do not feel very confident about being able to recognize a troubled teen. Research findings suggest that this lack of confidence could be the result of lack of education and training (33,34).

It is essential that schools that wish to provide a comprehensive suicide prevention program include gatekeeper training as one component of their program. Gatekeeper training has been found to produce positive effects on staff members’ knowledge, referral practices, attitudes, and confidence about identifying a potentially suicidal student (14,21,23,27). Research has found that teachers who are trained are more likely to implement programs and are more likely to have a positive impact on students than are teachers who are not trained (42-44). Gatekeeper training has also been shown to be well received by staff and accepted by administrators as an efficient method for preventing suicidal behavior in students (28).

Research has found that teachers and staff view identifying a potentially suicidal student as one of the most important things they can do as a teacher and feel that addressing students’ mental health is part of their role as an educator (30). Not only do teachers feel some responsibility towards preventing adolescent suicide, but they also have shown satisfaction with training (22,28). How a school chooses to structure such a training program will vary, however, research has found that one, 2-hour presentation to educators resulted in significant increases in knowledge of treatment resources, awareness of the risk factors and warning signs for suicidal behaviors, and a heightened willingness to make referrals to mental health professionals (23,34). In-service training programs have also been found to be an acceptable method by administrators and staff for training staff about adolescent suicide (35).

Research has suggested that “booster” gatekeeper training be provided to staff approximately every 2–3 years in order to maintain competence (3,36).

Although the school, and teachers in particular, are continually inundated with new programs to implement, one, two-hour presentation to educators resulted in significant increases in knowledge of treatment resources, awareness of the risk factors and warning signs for suicidal behaviors, and a heightened willingness to make referrals to mental health professionals (23,34). In-service training programs have also been found to be an acceptable method by administrators and staff for training staff about adolescent suicide (35).

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Another prevention method for adolescent suicide that has received a great deal of attention is suicide curriculum and education. Suicide curriculum is generally focused on dispelling myths and increasing correct knowledge about adolescent suicide, increasing the ability of students to recognize another student potentially at risk for suicidal behaviors, encouraging students to seek help, and providing students with the knowledge concerning school and community resources that are available should they need help or should they encounter a peer who needs help (50,28,34). One study found that subjects high at risk (previous suicide attempters) who were given a “green card” with explicit instructions about who to contact should they feel suicidal again demonstrated fewer suicide attempts than previous attempters who were not given a resource card (100). Research on curriculum approaches to suicide prevention has provided cloudy and at times inconsistent results. Several studies have found that curriculum approaches may have no effect on students or may be potentially dangerous for certain students (51–53). These studies found that certain students showed less desirable attitudes about suicide after
class, were less likely to seek help, were less likely to refer a friend or recommend the class to other students, and were more likely after the class to view suicide as a reasonable response to intense stress (52,53). Although these results are alarming, some important comments must be made in reference to these studies. First, the studies were conducted by the same researchers. Second, the authors stated that their curriculum approach focused on destigmatizing suicide, which is most commonly done by expressing to adolescents that suicide is commonly a reaction to extreme stress (53,54).

Research has shown, and the authors of these previously mentioned studies also acknowledge, that curriculum which presents suicide as a reaction to the common stressors of adolescence is not only ineffective, but may be harmful because it normalizes the behavior and reduces protective taboos, thereby making suicide more acceptable (7,20,23,55,56).

Third, these studies primarily used one time curriculum approaches: the classes were given only one time and lasted anywhere from 2–4 hours. Research has suggested that such one-shot approaches not be used and could be potentially harmful to students (3,23,57). Fourth, these results were found primarily in isolated groups, such as students who had previously attempted, who as a group we would expect to express such negative reactions. These results were further restricted to males (primarily black males). For a more critical review of some of the problems associated with these studies please see Tierney and Lang (99).

For schools that wish to utilize a curriculum approach to address adolescent suicide, it is recommended that they utilize a model that identifies suicide as a complicated, abnormal reaction to a number of overwhelming factors. These programs should also emphasize the association between suicide and mental illness. Research has shown that over 90% of suicides are associated with mental illness including alcohol and substance abuse disorders (58,59).

It is also recommended that schools avoid a “one-shot” approach with students, which focuses only on suicide and may saturate students. It is more beneficial, and does not carry the potential to harm, if schools use a more prolonged method for addressing adolescent suicide, such as incorporating suicide lessons into already existing semester or year long classes (health classes, English classes, gym classes, etc.).

Research has found that when curriculum addresses suicide in a manner consistent with empirical evidence and is taught in a sensitive and educational manner, students show improvements in attitudes concerning suicide (40,50,51,55,60,61). Students expressed more accurate and positive attitudes concerning suicide following curriculum (suicide as not a normal reaction to an overwhelming amount of stress but rather the result of a number of complicated and interwoven factors including mental illness) than they did before curriculum. Research has also found that students show an increase in knowledge about suicide (warning signs and risk factors), particularly about where and how to get help for themselves or a peer (40,50,53,55,60,62-64).

These results have important implications when one considers that adolescents who are considering suicide and other violent actions first confide in peers (20,24,50,65,66). Students that learn how to recognize peers potentially at-risk for hurting themselves or others and know who to contact in such circumstances may be extremely helpful in preventing a tragedy at school. The potential direct impact of suicide curriculum on suicide rates has also been shown. A 10-year follow-up study on a prevention program that utilized educating students documented a reduction of suicide rates (16).

Similar findings have been published for programs that used a mental health model instead of a stress model (55). One recent study that provided gatekeeper training for high school peers in suicide risk assessment found that peer helpers showed significant gains in knowledge about suicide and skills for responding to suicidal peers immediately after training (101). There were also significant improvements in positive attitudes towards intervening with students potentially at risk for suicidal behavior.

Schools that wish to use suicide curriculum as a preventive method should utilize a method that has been shown to be effective and should utilize this approach, not in isolation, but in conjunction with other preventative strategies such as gatekeeper training, screening, establishing community links, and skills training. Schools, however, should not avoid using this approach due to a fear that talking about suicide and teaching students about suicide will only provide students with ideas and methods for suicidal behaviors, because this is simply not true (Please Suicide Prevention Guidelines continued
Teaching Adaptive Skills to Students

A preventative method that is related to the suicide curriculum is curriculum that focuses on educating students on proper social skills, problem-solving strategies, and coping skills, and help-seeking skills. The rationale behind this method is that students who are potentially at risk for suicidal behaviors/thoughts have deficits in these areas (67,68).

Research has found that when students are taught such skills it may provide a sort of protective factor against suicidal behavior (22). Evaluation studies that have examined the effectiveness of skills training programs have found reductions in completed and attempted suicides (9) and improvements in attitudes and emotions (62,69). Empirical evaluations of programs that have focused on skills training strategies have also found an increase or enhancement of factors that protect adolescents from suicide while reducing the risk factors for suicide in these adolescents (64,70-72).

These strategies have also been suggested as ways to reduce depression, hopelessness, and drug abuse in adolescents, all risk factors for suicidal behaviors and/or thoughts (22). These skills can be taught by focusing on social skills and problem-solving skills directly through lessons or indirectly by incorporating these skills into existing classes such as a health class, drivers education class, physical education class, or a reading class (73).

Strengthening social skills has also been found to have a positive effect on cognitive development and learning in adolescents (74). Suicide prevention programs that attempt to teach problem solving skills, coping skills, social skills, and help-seeking skills may not only potentially prevent suicidal behaviors from occurring, but may also help prevent unintentional injuries and violence in schools (75-80). These skills are necessary, not just to prevent adverse events in adolescents, but also in the development of a well-balanced and productive adult.

Programs that have utilized social skills training include the Resolving Conflict Creatively Program (RCCP), which is one of the longest and largest-running programs for conflict resolution in the country, and the Promoting Alternative Thinking Strategies (PATH) curriculum. Both of these programs are evidence-based programs and have been found to have a positive impact on students, however, these are only two of the many that are available for use in schools. CASEL (Collaborative for Academic, Social, and Emotional Learning) is an organization that has found a positive effect on decision-making abilities and coping skills through education to improve social and emotional competence. For more information about this program please refer to www.casel.org. Although The Guide does provide examples of programs that schools may wish to use as a reference for their own program, The Guide does not endorse any one program over another. A school should adopt a problem-solving program that fits their school culture and their resource availability.

Peer Support Groups

Research suggests that students who are potentially at risk for suicidal behaviors are more likely to confide in and feel comfortable with peers rather than adults (20,24,50,65,66). Some suggest that not only should the school train students to recognize potentially suicidal peers, but should also provide an opportunity for vulnerable students to meet with other students in a comfortable group climate (12,28,49,81). The rationale behind these support groups is that they help youths at risk develop peer relationships and more appropriate coping skills, thereby reducing feelings of isolation, antisocial behavior, substance abuse, and other early risk factors while enhancing important protective factors (49,82). Research has found results that suggest that these programs can increase a student’s knowledge
about suicide and increase the likelihood that students at risk will get help from school counselors (83,84). Although research does suggest that these programs can be effective at preventing suicide, schools may wish to use these programs in conjunction with screening programs in order to identify students at risk. They should not be used as a substitute for professional counseling or therapy (82,12,28).

**Screening**

Screening is a prevention strategy that is intended to identify students who are potentially at risk for suicide through interviews and self-reports on questionnaires (54,85-87).

Screening tools typically consist of asking students directly about whether they are experiencing symptoms associated with depression, currently or previously had suicidal ideations or behaviors, and whether they possess risk factors for suicide (54).

Screening can be done in two ways. The first way is a broad approach, which seeks to identify students potentially at risk for suicide by screening all students in the school. Although this could provide valuable information about large numbers of students and could identify those students “quietly disturbed” (29), such a large undertaking would take a great deal of time, effort, and coordination (7). The relatively scant amount of research evaluating screening studies, which have shown effective results through screening (85,54), have utilized mass screening as a first step in identifying students.

After a student has been screened, if he or she screens positive for suicidal potentiality, then direct assessment by trained clinicians should be done within seven days (86). Focused screening on the other hand would utilize screening in combination with other methods for identifying students at risk for suicidal actions, such as using gatekeepers or peers. Once identified and referred by gatekeepers or peers, these students potentially at risk would be screened and subsequently evaluated by a mental health professional. The underlying rationale behind these programs is that since suicide is a low incidence event, prevention may be more effective and efficient if only those students that are potentially at risk for suicide are identified and referred (28).

Research has shown that adolescents will honestly state if they are suicidal when directly asked (7). What must be noted about these screening approaches is that a broad approach will identify more students than a focused approach (the quietly disturbed), but will take more resources to implement and maintain. Focused approaches will not be as “costly,” but may miss some students potentially at risk.

While many researchers contend that screening is an essential and critical component of any effective suicide prevention program (7,25,49,56,88), many school programs fail to use them (17,20) despite moderate support from teachers and administrators (89). This lack of utilization could arise from three concerns. First, since suicidality fluctuates in adolescents (26), repeated screening must be done to measure the changes in suicidality and to avoid missing a student who is not suicidal at one time, but becomes suicidal over time (21,25,26). Second, screening may identify as much as 10% of the adolescents at school as being at-risk, creating a costly need to follow-up those identified as at-risk for suicide (17). Third, in order for schools to initiate a screening session, they must have cooperation and consent from parents.

Research has found that active parental consent runs close to 50% (26), which means that schools may only be able to screen half of the students, thereby possibly missing students potentially at risk before screening even begins.

Although there are numerous screening tools available for use in schools, the following five have been widely utilized and have been suggested as effective components of a suicide prevention program. If a school chooses to use one of these methods, please refer to the appropriate citation for more information. If a school would like to utilize a method other than one of these five, please refer to Goldston (90), who provides an excellent, comprehensive list of approximately 50 screening tools that schools can use to identify students at-risk for suicidal behaviors or ideations, students at-risk for depression and psychiatric disorders, and instruments used for assessing intent and lethality of a student that is potentially suicidal.
Five Examples of Widely Used Screening Tools:

1. The Suicidal Ideation Questionnaire, followed by the Suicidal Behavioral Interview (85).
2. The Suicidal Risk Screen (86).
3. The Columbia Teen Screen (54, 91)
4. Signs of Suicide (92)
5. Measure of Adolescent Potential for Suicide (64)*

*The measure of Adolescent Potential for Suicide or MAPS is a screening interview that has been shown, for reasons unknown, to have a potential positive effect on suicide-risk reduction when provided to students and when no other prevention method or treatment is provided. It seems that by just providing students with this interview educators can have a positive impact on suicide risk in students.

While there are many screening tools available that a school may choose to implement and maintain, it is important that schools use screening tools that have been evaluated as effective methods for identifying students potentially at risk for suicide. Screening is just one component of a suicide prevention program. Schools should not rely solely on screening in order to effectively address adolescent suicide. An effective program is a comprehensive program.
Crisis Centers and Hotlines

All of the aforementioned components of an effective prevention program place the primary responsibility on the schools. One such method that does not place the burden of responsibility solely on the shoulders of school staff and personnel is the crisis hotline. The main benefit crisis hotlines offer is that since suicidal behavior is most often associated with a crisis (94,95), and since hotlines provide immediate, accessible, and confidential support, they may be an ideal resource for the prevention of adolescent suicidal behavior (22). Although research on the effectiveness of hotlines for decreasing suicide is inconsistent (96), what research suggests is that hotlines:

1. Reach an important and usually underserved population (28)
2. Help those students that use them (94)
3. Have been associated with decreases in suicide rates among white females under 25, the most frequent users of hotlines (49)
4. Are endorsed by youth as a more acceptable resource than mental health centers (50)
5. Can serve as “drop in” centers, providing immediate intervention as well as acting as referral agents to mental health services in the community (25)

Despite recommendations from some researchers that a comprehensive suicide prevention program will utilize crisis centers and hotlines (25,49), research has also suggest that hotlines are only minimally effective (88) at preventing suicide. What research seems to state is that although schools are not directly responsible for crisis center and hotline procedures, schools are encouraged to inform students about such services in their community and should make sure that students potentially at risk are aware of these resources.

School Climate

Schools should also ensure that their school maintains a positive and safe school climate. School climate refers to both the physical and aesthetic qualities of the school, as well as the emotional and psychological qualities of the school.

Fostering a feeling of connectedness between the students and the school, providing an opportunity for students to become involved in school activities, and ensuring an overall safe environment for students are just some of the essential components of a safe and positive school climate, which has the potential to have a dramatic impact on adolescent suicide (10,11,14,62,73,81,97,98).

For more information on the impact of a school’s climate as well as what constitutes a positive and safe school climate, please refer to Issue Brief 2: School Climate.

A comprehensive school-based suicide prevention program will utilize various approaches and should not rely on one prevention method. Rather, programs should implement and maintain numerous prevention strategies in order to effectively prevent adolescent suicide.
Suicide Prevention Guideline Tips

• Establish written policies and procedures for responding to students who may be at risk for suicide.
• Establish written policies and procedures that explicitly detail how to appropriately respond to a suicidal crisis (postvention strategies).
• Establish in-school response teams that are qualified to respond to students potentially suicidal.
• Establish collaborative relationships with community agencies such as mental health centers, crisis centers, the police department, and the clergy.
• Provide parents with opportunities to become involved in suicide prevention strategies offered by the school.
  – Provide training to school staff and faculty about suicide.
  – Provide staff with the most current information about adolescent suicide.
  – Encourage all staff to collaborate with one another to increase assistance among teachers in recognizing at-risk students.
  – Educate all staff about the risk factors for adolescent suicide.
  – Educate all staff about the warning signs for adolescent suicide.
  – Educate all staff on how to make referrals for a potentially suicidal student.
  – Educate all staff about to whom they should refer a potentially suicidal student.
  – Utilize a brief in-service training program for staff and faculty. A two-hour program should be sufficient.
  – Provide in-service training materials to parents.
  – A brief one and one-half hour presentation coupled with other presentations should be a sufficient amount of time to train parents.
• Provide curriculum to students that addresses adolescent suicide (myths, facts, risk factors, and warning signs).
  – Avoid using a brief (2-4 hour), one-shot approach in assembly presentations or classes.
  – Use a more prolonged approach when using curriculum delivered to students.
  – Avoid a curriculum approach that emphasizes suicide as a reaction to stress.
  – Avoid curriculum which includes media depictions of suicidal behavior.
  – Avoid presentations by youth who have previously made a suicidal attempt because participants may identify with presenter and copycat suicidal behavior.
  – Consider implementing suicide awareness curriculum within the context of established classes such as a health class or a life-management skills class.
• Provide students with information about proper coping skills, problem-solving skills, social skills, and where and when to seek help for themselves or for a peer.
  – Focus on social skills and problem-solving skills directly through lessons.
  – Teach indirectly by incorporating these skills into existing classes, such as a health class, drivers education class, physical education class, or a reading class.
• Provide screening programs in order to identify students potentially at risk for suicidal behavior.
  – Use a questionnaire or other screening instrument that research has shown to be effective and valid, such as the previously three presented examples.
  – Get parents consent before presenting students with the screening instrument.
  – Have established referral systems in place so that when a student screens positive for suicidal potential he or she can be given the help they need as soon as possible.
  – Communicate to staff and parents that empirical research has found that screening will not create suicidal ideations and behaviors in teens that are not suicidal. Screening will not plant suicidal thought in those non-suicidal before exposure to the screening.
  – Make staff and practitioners aware that screening is not perfectly precise for determining whether a student will express suicidal thoughts or behaviors.
Suicide Prevention Guideline Tips continued

- The school psychologist and counselor should be aware of valid suicidal screening tools.
- Conduct repeated screenings, possibly once or twice every school year.

• Provide peer assistance programs to students potentially at risk.
  - Ensure that these programs are not used as a substitute for professional counseling or therapy.

• Provide students with information about community agencies, such as crisis centers and hotlines that they may use.
• Ensure that your school maintains a positive and safe school climate (refer to Issue Brief 2 for more information).
• Inform parents on the importance of restricting access to potentially lethal weapons.
• Ensure that your staff and personnel are supportive and feel comfortable with the prevention strategies in place at your school.
References

References continued

Suicide Prevention Guidelines


References continued

Suicide Prevention Guidelines


References continued

Suicide Prevention Guidelines


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References continued

Suicide Prevention Guidelines


