



Navigate**360**

Building safer tomorrows.



Creating a Modern Youth Suicide Awareness & Prevention Program for Your District

Understanding the Critical Elements Needed to Address & Reverse Alarming Youth Suicide Trends

Introduction

When it comes to increased rates of youth suicide and suicidal ideation, numbers don't lie. According to the Center for Disease Control & Prevention (CDC)'s most recent **Youth Risk Behavior Survey** (YRBS) conducted in 2021, the second leading cause of death among adolescents is suicide. The study also reveals that nearly all of the indicators of poor student mental health, suicidal behaviors, and thoughts have increased from 2011 to 2021. In fact, more students are dying by suicide than by cancer, AIDS, birth defects, stroke, pneumonia, the Flu, and chronic lung disease **combined**.

In February 2023, Navigate360 published data that showed **significant increases** in alerts on self-harm and harm to others among other alarming trends. Across more than 33 million online school and social media alerts, the data show alerts related to self-harm are up 51% year-over-year, compared to the 25% increase year over-year in alerts related to weapons and harm to others. Additionally, more than 4,000 anonymous tips per week are coming into school tip lines, with the most common tips related to self-harm and weapons. With these alarming trends, the need for a modern districtwide suicide awareness, prevention, screening and case management program has never been so vital. Early identification of students who have ideations about harming themselves or others is a critical part of the process, as it is at this beginning stage that schools have the best chance to intervene.

This resource discusses how districts can create holistic, sustainable suicide awareness and prevention programs to reverse alarming rates of youth suicide.

What you know could save a life.



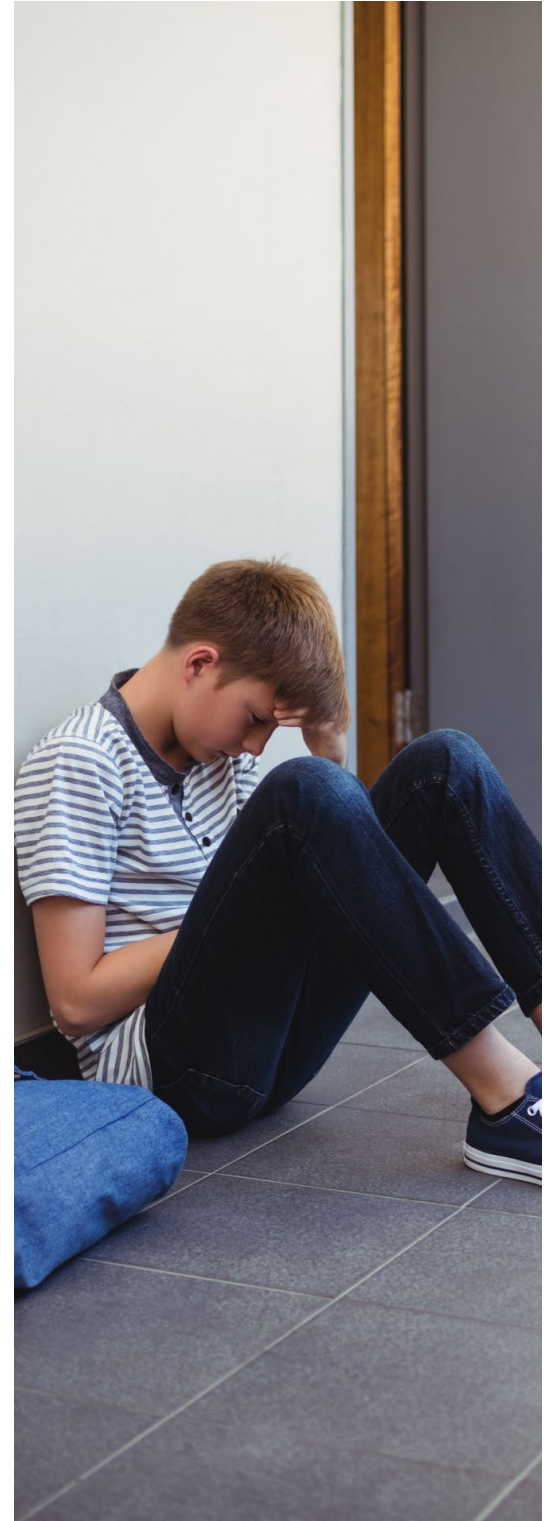
Why It's Important for Schools to Implement Suicide Prevention Programs

Schools play a crucial role in youth suicide prevention. While these programs must incorporate parents, caregivers and community members, school personnel spend a lot of time with students during the school year. After all, students essentially spend half the year in school.

A comprehensive suicide prevention program helps schools allocate scarce resources more efficiently and educate more faculty and staff on how to identify and assist students in crisis. A good program combines actionable education and training for staff members with objective, evidence-based screening and case management tools that help educators streamline the assessment process and use overburdened resources most effectively.

Education also helps schools meet state-level initiatives such as [The Jason Flatt Act](#), which mandates that educators complete at least two hours of youth suicide awareness and prevention training every year. Currently, [21 states have passed this act](#), but more states are sure to get on board as youth suicide prevention continues to grow in importance throughout the nation.

“It’s important that all school personnel know what to look for, what to do, and [how to] work as a team to prevent a student suicide,” says Dr. Scott Poland, Ed.D., a nationally certified school psychologist who serves as the director of the Suicide and Violence Prevention Office at Nova Southeastern University. Dr. Poland has partnered with Navigate360 to develop curriculum, software and education for K-12 schools, including building and ongoing enhancements to Navigate360’s suicide screening and case management solution that utilizes the Columbia-Suicide Severity Rating Scale (C-SSRS).





THOUGHT LEADER

Dr. SCOTT POLAND

National Suicide Awareness & Prevention Expert

Click here to access a library of videos in which Scott discusses schools' role in youth suicide awareness and prevention.



Dr. Scott Poland is a professor at the College of Psychology and director of the Suicide and Violence Prevention Office at NSU Florida. He is a licensed psychologist and an internationally recognized expert on school safety, youth suicide, self-injury, bullying, school crisis prevention/intervention and threat assessment. Scott partnered with Navigate360 to develop a new suicide screening and case management solution featuring the Columbia Suicide Severity Rating Scale (C-SSRS). He also contributed his subject matter expertise to a robust suicide prevention eLearning program available exclusively through Navigate360.

Key Elements of a Holistic Suicide Awareness, Prevention, Screening & Management Program

Navigate360 has built the most comprehensive suicide awareness, prevention, screening and management programs for school districts nationwide. We brought together nationally renowned thought leaders to solve the challenges listed above and create a solution that addresses the staggering, and devastating, rise in youth suicide and suicidal ideation.



This program is flexible and can work with the needs of your school district. For example, if you already have a tip reporting system in place but are looking for more comprehensive suicide awareness and prevention education and better case management, we can customize your district's initiative to complement the services you have or fulfill the services you need.

Let's dive into each element of a comprehensive suicide awareness and prevention program.

Our program includes:

- ✓ Suicide awareness & prevention education for all school personnel who interact with students & additional lessons for students
- ✓ Case management to confidentially manage the student's needs & ensure ongoing care
- ✓ Proven suicide screening tools (C-SSRS & SAFE-T) to evaluate the severity of suicide risk
- ✓ Anonymous tip reporting to collect & manage concerns about students and school personnel
- ✓ Ethical, responsible scanning technology for school-owned email, chat & other digital sources to help identify warning signs before they escalate

SUICIDE AWARENESS AND PREVENTION EDUCATION FOR SCHOOL STAFF

To create an effective suicide awareness and prevention program, training and education for all staff members who interact with students is a must. Conducting regular education on suicide awareness, prevention and intervention can help staff feel confident about how to help students in need. Many educators report thinking they may cause further harm by bringing up the topic of suicide, or they do not know what to do if they have a student showing warning signs of suicide. By providing regular instruction on suicide awareness and prevention and encouraging staff to work as a team and discuss the concerns they're facing together, everyone can provide better support for students.

Many programs offer the basics but fall short of educating staff on the ways they can truly make an impact. When we empower staff members with the right information, they can confidently identify and approach a student in need.

All employees who interact with students should be educated about the warning signs of suicide. Education for school psychologists, administrators and guidance counselors should also include the following:

- ✓ What to do immediately after identifying a student with suicidal intentions
- ✓ The entire intervention process, from the initial identification to the postvention phase
- ✓ How to conduct a suicide screening
- ✓ How to properly notify the parents of a child with suicidal ideations
- ✓ How to refer students to community-based suicide assessments & off-campus clinicians

It's critical that all school personnel work as a team during these interventions and follow school procedures to the letter. This ensures students receive the help they need without bias and that there is support at every step of the process.

Authored by Dr. Scott Poland, an internationally recognized expert on youth suicide



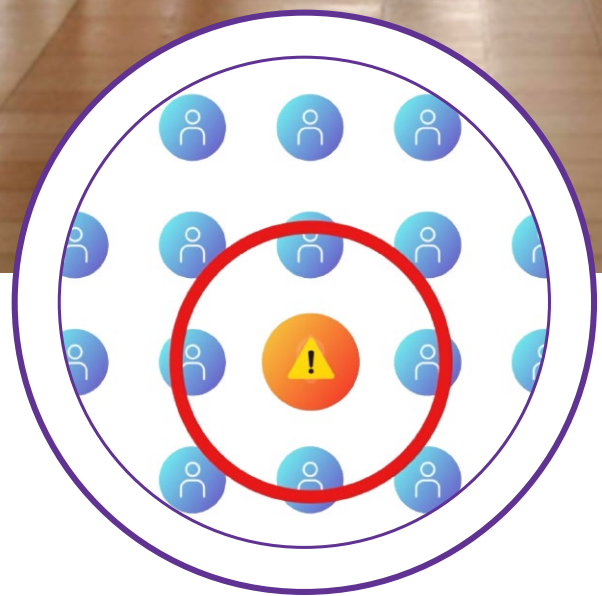
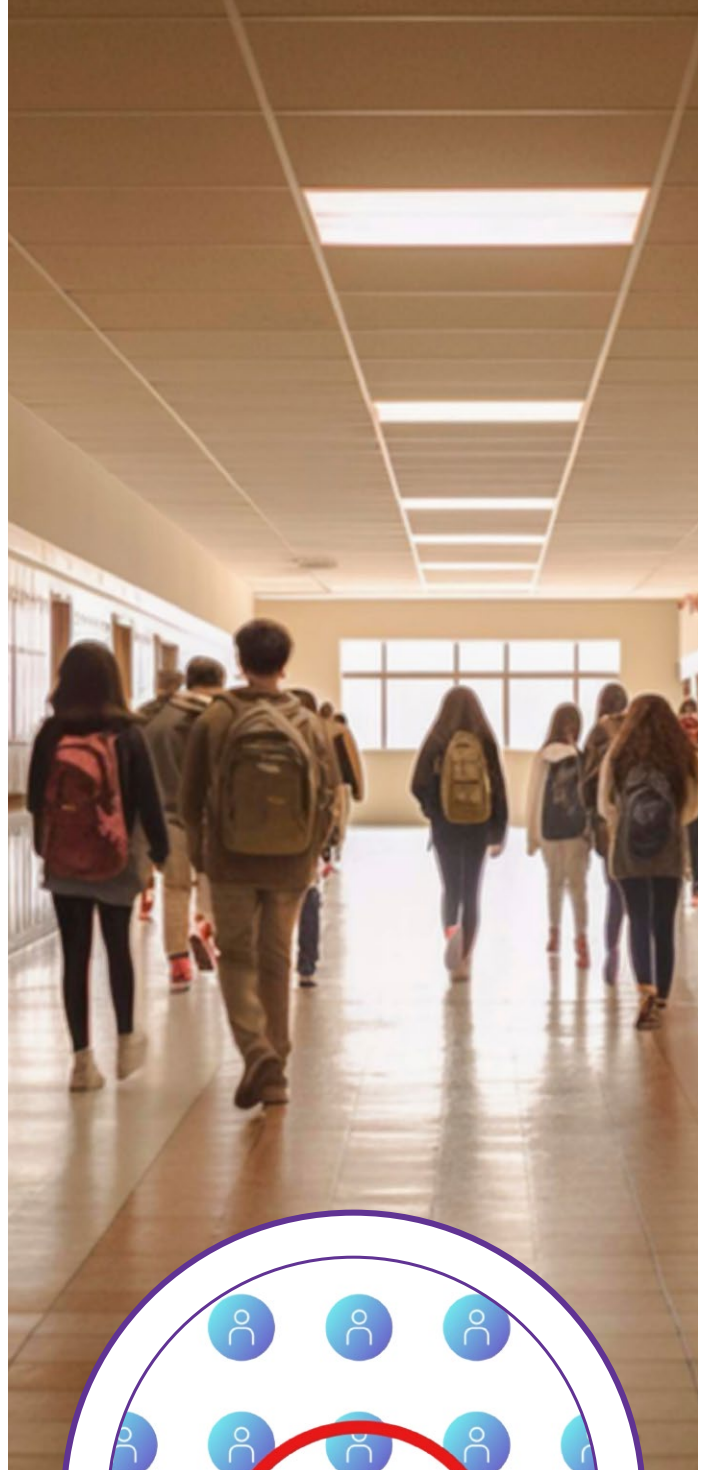
**What you
know could
save a
life.**

**Learn More about
Navigate360's
Suicide Awareness &
Prevention Curriculum
here.**

BEHAVIORAL THREAT ASSESSMENT CASE MANAGEMENT PLATFORM

In order to compassionately and objectively respond to behavioral threats, school personnel must have a consistent process that allows for comprehensive documentation and long-term planning. Without a platform to manage each case, it's difficult to correctly document each behavioral threat and provide long-term care that follows students through to school re-entry and beyond. It's also more difficult to ensure all team members are using the same workflow in the same objective way. What's more, providing thorough reporting and visibility for district-level administrators — who often need to see how behavioral assessments are being handled at a school level as well as at the district level — is much more challenging.

Using a case management platform such as [Navigate360's cloud-based Behavioral Threat Assessment Case Manager](#) to oversee behavioral threat assessments allows for a consistent, documented and transparent process. School personnel can quickly move through each stage without getting bogged down with process questions and can collaborate with team members and outside agencies such as off-campus clinicians who are treating students. These platforms help schools manage cases over time, too, including guiding educators through the school re-entry process and setting up wellness checkpoints.



SUICIDE SCREENING TO EVALUATE THE SEVERITY OF SUICIDE RISK

Without a suicide screening tool in place to assess suicide risk within your case management platform, it is difficult to achieve consistency among staff members and schools. Each person will likely have a different definition and way to measure suicide threats. By standardizing the screening using a tool such as C-SSRS, there will be consistency for all school personnel, uniform severity measurements across districts, and alignment with federal guidelines on suicide prevention.

Navigate360's Behavioral Threat Assessment

Case Manager contains suicide screening and management tools that can help schools evaluate how severe a suicide risk is, as threats often fall along a continuum. While some require immediate intervention with an off-campus clinician, for others, school counseling may be enough. Schools should utilize an assessment tool that reduces bias, ensures complete objectivity and follows national guidelines. These tools provide helpful evaluation standards to assess a student's suicide risk.

Once the screening is complete, a case can be created that allows for ongoing management and support. Additionally, external clinicians can be invited to the case within the system and make updates. The case management process also includes the important step of student re-entry back into the school.





Safe2Tell Colorado
& Navigate360's P3
Campus Tipline

STACY JENKINS

Executive Director at Safe2Tell

"Realizing the need [for a tipline] is easy if you put some examples out there. That is how Colorado realized the need. Columbine happened, and there was so much research done after the fact that pointed to a lot of people knew something was off and they all had different little pieces of the puzzle. Nobody knew the whole plan, nobody had all of the information. Had the people with the different pieces of the puzzle had someplace to report, maybe those pieces could have been put together to create a better picture of what was going to happen. But nobody knew what to do with it. So everybody ignored it. So that's where Safe to Tell was born."



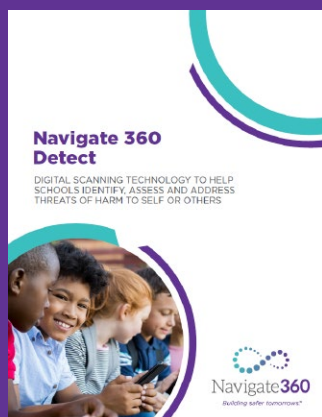
ANONYMOUS TIP REPORTING

Students often don't know what to do or where to turn if they notice a friend in need or are in need themselves. That's why an anonymous tip reporting system is crucial to any suicide prevention program. It provides a safe, trusted and anonymous place for students to report potential suicide risks and can help facilitate getting help to students in need. Additionally, it can deescalate bullying and/or hate incidences, preventing victims from escalating into self-harm or suicide.

Consider the impact of Sandy Hook Promise's anonymous tip reporting system that saw a 12% uptick in suicide and self-harm tips in the months after the pandemic hit. These reporting systems are crucial for young people and have led to thousands of interventions with suicidal students.

Navigate360's P3 Campus Anonymous Tip Reporting software allows students to anonymously share their concerns, including signs of suicide, with those capable of preventing the preventable. This technology is key to keeping a finger on the pulse of a school's community, allowing individuals to report tips of possible suicidal and other concerning behaviors via a mobile smartphone app, dedicated email address, secure Web-based platform or telephone hotline. Additionally, allowing encrypted two-way communication enables education leaders to ask more questions of tip reporters while keeping these tipsters' identity anonymous.

Navigate360's Detect digital scanning is the only early intervention tool that leverages advanced AI that is purpose-built to identify students experiencing mental health challenges, expressing self-harm language, and/or sharing potential threats of harm to your school or community.



**VIEW
RESOURCE**



ETHICAL & RESPONSIBLE SCANNING TECHNOLOGY FOR SCHOOL-OWNED EMAIL & CHAT

With the student mental health crisis on the rise, it's more important than ever to take proactive steps to support your students' well-being and identify mental health concerns before it's too late. **Detect is a cutting-edge solution** that leverages our proprietary artificial intelligence and machine learning to scan your school-issued sources, public social media and web searches to identify potential threats to your students' mental health and safety. With Detect, districts can intervene early and provide the support your students need to thrive.



Everything teachers, staff, and administrators do is for their students and to make kids' lives better, but students in every district nationwide are experiencing mental health struggles. As a district, it's essential to prioritize the wellbeing of your students and take proactive steps to support their mental health and safety. With Detect, you can identify and intervene early and provide the support your students need to make their lives better. Detect can help you prevent the preventable and supports your early intervention practices for mental health and violence prevention, and creates a safer, more supportive learning environment for your students and community.



Conclusion

Schools have a crucial role to play in supporting students who are anxious, depressed or in a mental health crisis. Having a modern, holistic suicide awareness, prevention, screening and management program is critical to ensuring students know where to turn when they need help or how to help classmates who are in need.

A flexible approach to identifying and addressing student mental health crises is critical in this day and age. You may already have a tip reporting system in place, but you might not know what to do with those tips to make sure students who exhibit concerning behavior remain safe. Navigate360's program empowers school personnel to better understand the signs of suicidal ideation and other concerning behaviors and know exactly how to help students quickly and effectively. Our suite of preventive safety solutions provides comprehensive support for administrators, educators, students and families. We can customize your school district's program to complement the services you have or add the services you need as well.

Youth suicide is an urgent crisis, and schools have a responsibility to their students to provide suicide awareness, mental health support and crisis intervention. Without putting critical suicide prevention programs in schools, youth suicide will only continue to rise. There is no time to waste: Students' lives are at risk.

To learn more about how to build a holistic suicide awareness, prevention, screening and management program in your school district, [contact us today](#).

If you or someone you know might be at risk of suicide, call the National Suicide Prevention Lifeline at [988](tel:988) or visit suicidepreventionlifeline.org for additional information. You can also text HOME to [741741](tel:741741) to connect with the [Crisis Text Line](#).