

## PREVENTION

*It is important for school districts to be aware of certain populations of students that are at an elevated risk for suicidal behavior...*

1. Youth living with mental and/or substance use disorders
2. Youth who engage in self-harm or who have attempted suicide in the past
3. Youth in out-of-home settings (juvenile justice or child welfare systems)
4. Youth experiencing homelessness
5. Youth bereaved by suicide
6. Youth living with medical conditions and disabilities
7. American Indian/Alaska Native (AI/AN) youth
8. LGBTQ (lesbian, gay, bisexual, transgender, or questioning) youth

*...and how to increase protective factors that can help decrease a student's risk of suicide.*

1. Receiving effective mental health care
2. Positive connections to family, peers, community, school, and social institutions (sports teams, boy/girl scouts, religion, etc.)
3. Skills and abilities to solve problems

*Ceres Unified's Prevention efforts include:*

1. **District Policy Implementation**, which includes a district coordinator and a school site coordinator for each site (Psychologist)
2. **Staff Professional Development**, which focuses on risk factors, warning signs, protective factors, response procedures, referrals, postvention, and resources.
3. **Youth Suicide Prevention Programming**, which includes curricular materials in our Health classes covering safe and healthy choices, coping strategies, recognizing risk factors and warning signs, and help-seeking strategies.
4. **Publication and Distribution** annual requirements for district website and included in student and teacher handbooks.
5. **Mental Health Awareness and Stigma Reduction**
6. **Access to Mental Health Services** (including Tier I Prevention Efforts)
7. **Parent Resources and Education**
8. **Staff-Student Relationships and Rapport Building**