

Suicide Prevention: It's Not That Simple

Cheryl Benefield

Safe and Supportive Schools

Program Manager

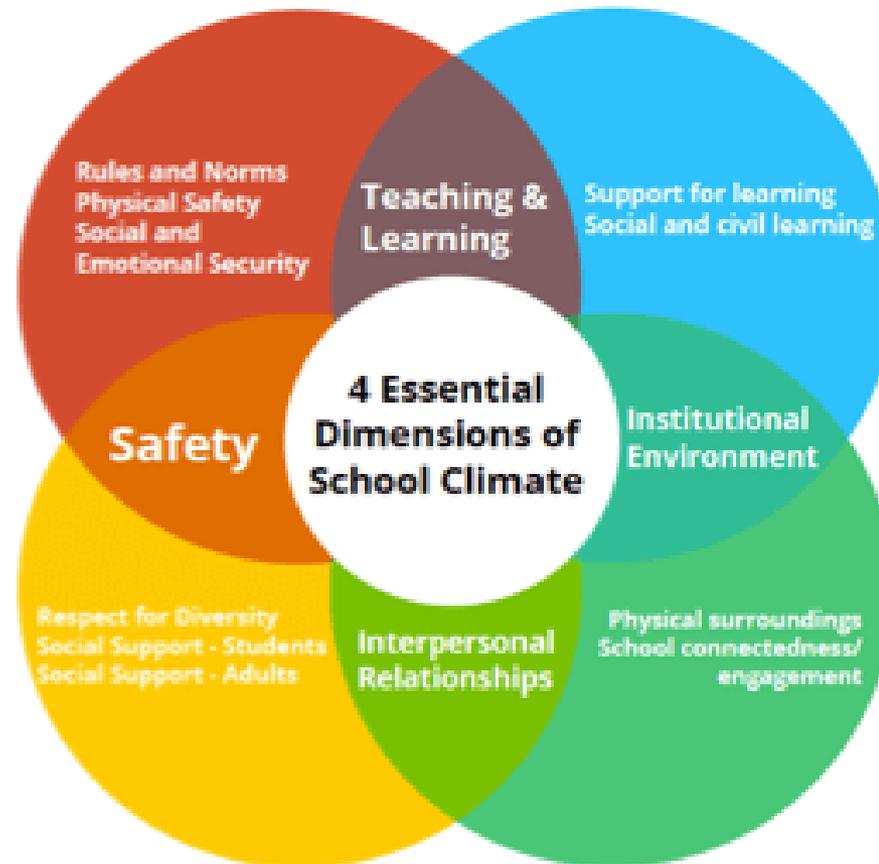
Office of School Safety and Climate



Office of School Safety and Climate

- **School Safety**
- **School Climate**
- **Student Safety and Well-being**

“School climate is the plate”



What is School Climate?

“**School Climate** refers to the quality and character of school life. **School Climate** is based on patterns of students’, parents’, and school personnel’s experience of school life and reflects norms, goals, values, interpersonal interactions, teaching and learning practices and organizational structures.” -**National School Climate Center**





Memory of School

Feeling

- Where we go
- What we do
- Who we do it with



Relationships and Connections



Positive School Climate = Prevention

Schools with positive school climates engage students in developing strong relationships with staff and peers, increasing the likelihood that *students will quickly report potential threats* to trusted adults within the school.

Positive School Climate = Prevention

A positive school climate helps prevent emergencies because it *reduces the incidence of behaviors that contribute to crisis*

- Violence
- Bullying
- Harassment
- Substance abuse
- Suicide

Safe and Supportive Schools: What do we do?

- School Climate Star Ratings
- School Climate Surveys
- School Safety
- Emergency Preparedness
- Crisis Response
- Student Discipline
- Student Attendance
- Suicide Prevention
- Substance Abuse
- Alcohol, Tobacco, Other Drugs
- Bullying Prevention
- Child Abuse Prevention
- Human Trafficking
- Wellness

GSHS Survey Data Elements (91 questions)

Connectedness, peer social support, adult social support, cultural acceptance, and social/civic learning

Physical environment, physical activity, school safety, physical fights, and peer victimization (**bullying**)

Drug and alcohol data, including usage of tobacco/vape products, illicit drugs, prescription drugs, and alcohol

Self-harming, suicidality, and mental health (anxiety, behavioral changes, depression, eating disorders, fear, mood swings, and out-of-control behavior)

Risk and Protective Factors Are Correlated and Cumulative

Risk factors tend to be positively correlated with one another and negatively correlated to protective factors. In other words, people with some risk factors have a greater chance of experiencing even more risk factors, and they are less likely to have protective factors.



SAMHSA
Substance Abuse and Mental Health
Services Administration

Prevention Efforts Can Be Associated With Multiple Outcomes

Though preventive interventions are often designed to produce a single outcome, both risk and protective factors can be associated with multiple outcomes. For example, negative life events are associated with substance use as well as anxiety, depression, and other behavioral health issues. Prevention efforts targeting a set of risk or protective factors have the potential to produce positive effects in multiple areas.



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Safe and Supportive Schools: What do we do?

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- **Wellness**



Suicide Prevention

Interrelated and Overlapping Mosaic of Suicide Risk Factors



2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

- **17%** (116,247 students) have been bullied or threatened by other students in the past 30 days.
- **33%** (228,627 students) have been picked on or teased at school in the past 30 days.
- **9%** (58,668 students) have received threatening or harassing text messages from other students in the past 30 days.
- **10%** (67,936 students) have been mocked, tormented, or harassed on a social networking site by other students in past 30 days.
- **23%** (157,517 students) have been repeatedly made fun of or had rumors spread about them.

Interrelated and Overlapping Mosaic of Suicide Risk Factors

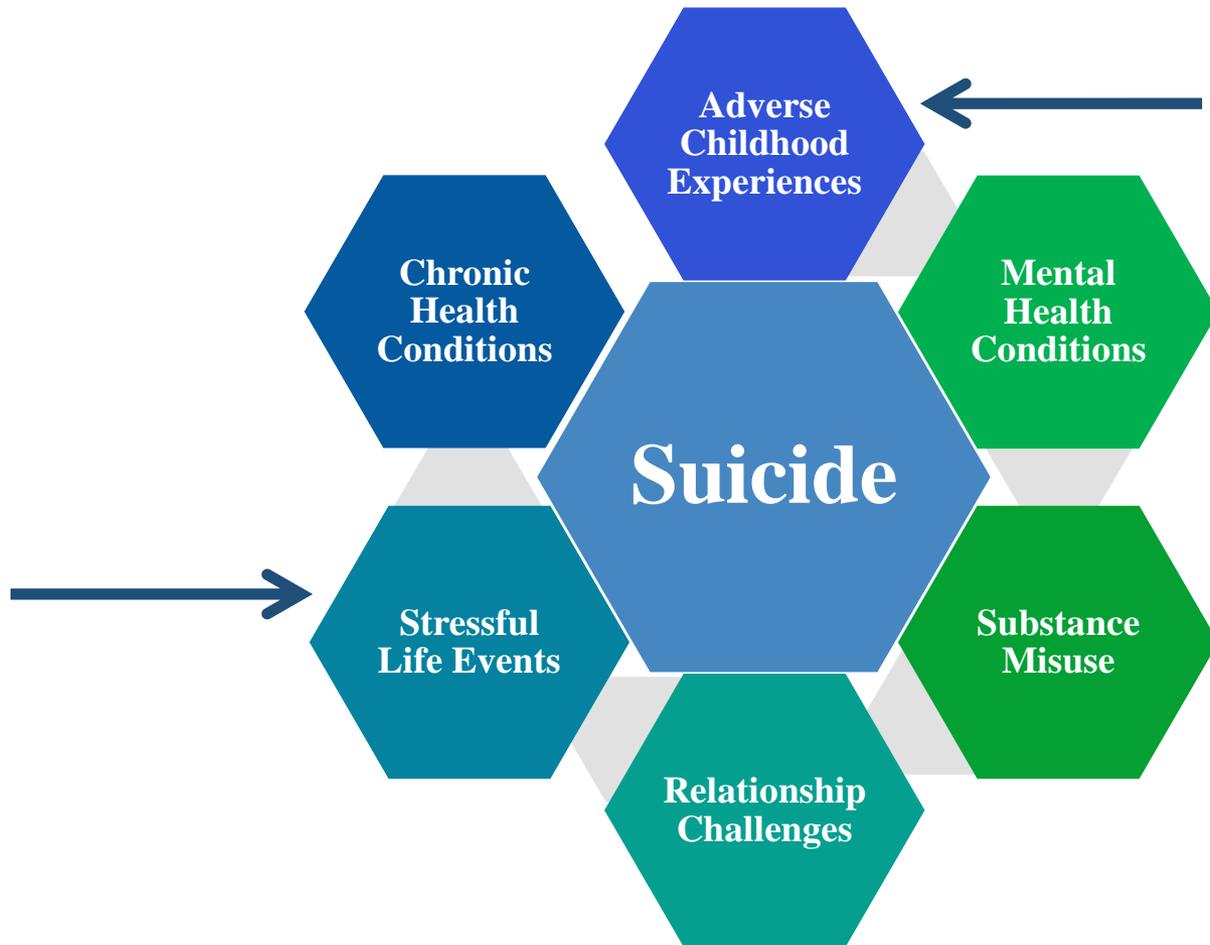


2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

- **26%** (178,951 students) have been concerned about their physical safety at school.
- **14%** (97,024 students) never feel safe in their school.
- **3%** (18,855 students) have brought a weapon to school in the past 30 days.
- **7%** (48,369 students) have been offered, sold or given illegal drugs on school property in the past 12 months.

Interrelated and Overlapping Mosaic of Suicide Risk Factors



2018-2019 Student Survey Results

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- **9%** (58,549 students) had at least one drink of alcohol in past 30 days.
- **7%** (44,616 students) used marijuana in the past 30 days.
- **9%** (63,994 students) smoked an electronic vapor product in the past 30 days.
- **2%** (12,001 students) used methamphetamines in the past 30 days.
- **2%** (13,491) used heroin in the past 30 days.

Interrelated and Overlapping Mosaic of Suicide Risk Factors



2018-2019 Student Survey Results

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45% (312,120 students) have felt sad or withdrawn in the past 30 days.

32% (217,339 students) have felt suddenly overwhelmed with fear for no reason, sometimes including a racing heart or fast breathing.

13% (86,019 students) have experienced severely out-of-control behavior that could hurt themselves or others.

13% (90,250 students) have avoided food, thrown up, or used laxatives to make themselves lose weight.

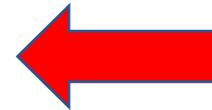
Interrelated and Overlapping Mosaic of Suicide Risk Factors



New responses for 2018-2019

Self Harm / Suicidal Ideation Questions

- I have not....
- Demands of school work
- Problems with peers or friends
- Family reasons
- Being bullied
- Social Media**
- School grades or performance**
- School discipline or punishment**
- Argument or breakup with a partner/girlfriend/boyfriend**
- Dating violence**
- Drugs or alcohol**
- Other



Students may now choose all responses that apply to them.

2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

16% (108,494) students have seriously considered harming themselves on purpose in the past 12 months.

Most likely reasons:

1. Other (most common answer)
2. Family reasons
3. Problems with peers or friends
4. School grades or performance
5. Demands of school work
6. Argument or breakup with partner/girlfriend/boyfriend
7. Being bullied
8. Social media
9. School discipline or punishment
10. Dating Violence
11. Drugs or alcohol

2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

9% (61,978) students have harmed themselves on purpose in the past 12 months.

Most likely reasons:

1. Other (most common answer)
2. **Family reasons**
3. Problems with peers or friends
4. School grades or performance
5. Demands of school work
6. Argument or breakup with partner/girlfriend/boyfriend
7. Being bullied
8. Social media
9. School discipline or punishment
10. Dating Violence
11. Drugs or alcohol

2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

11% (77,881) students have seriously considered attempting suicide in the past 12 months.

Most likely reasons:

1. Other (most common answer)
2. Family reasons
3. Problems with peers or friends
4. School grades or performance
5. Demands of school work
6. Being bullied
7. Argument or breakup with partner/girlfriend/boyfriend
8. Social media
9. School discipline or punishment
10. Dating Violence
11. Drugs or alcohol

2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

6% (37,508 students) have attempted suicide in the past 12 months.

Most likely reasons:

1. Other (most common answer)
2. **Family Reasons**
3. Problems with peers or friends
4. School grades or performance
5. Demands of school work
6. Being bullied
7. Argument or breakup with a partner/girlfriend/boyfriend
8. Social media
9. School discipline or punishment
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2018-2019 Student Survey Results

*Statewide results - 689,986 students (grades 6-12)

I know an adult at school I can talk with if I need help

Strongly Agree	326,345	47%
Somewhat Agree	202,830	29%
Somewhat Disagree	70,302	10%
Strongly Disagree	90,509	13%

76% Agree – 529,175

Only 47% ***STRONGLY*** Agree – 326,345

2018-2019 Student Survey Results

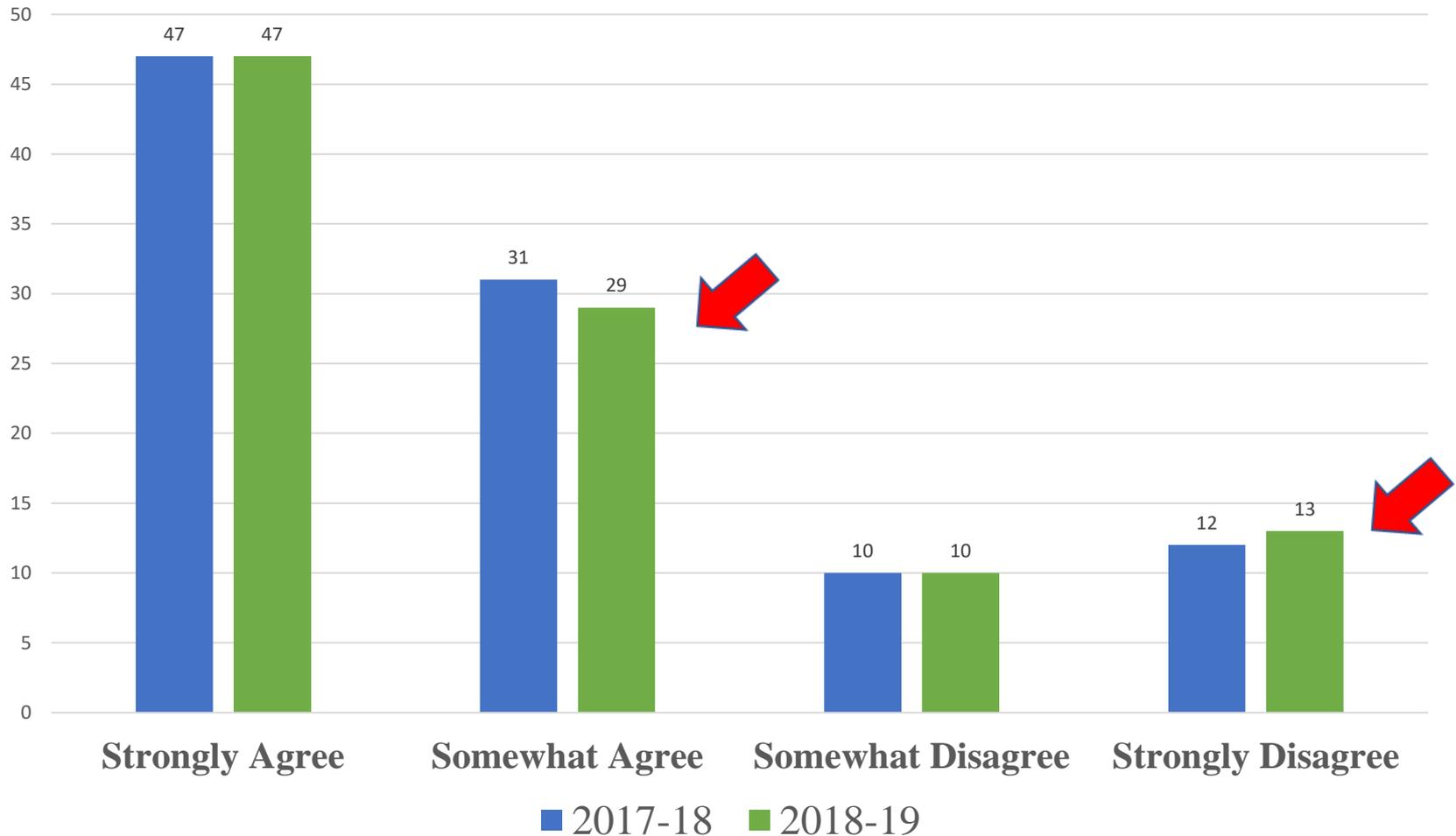
*Statewide results - 689,986 students (grades 6-12)

53%

363,345

Do not strongly agree that
*There is an adult at school that I can
talk with if I need help*

I know an adult that I can talk with at school if I need help



Suicide Protective Factors: Connectedness

High School Students are Less Likely to Attempt Suicide if They Trust Adults, Study Says



AP PHOTO

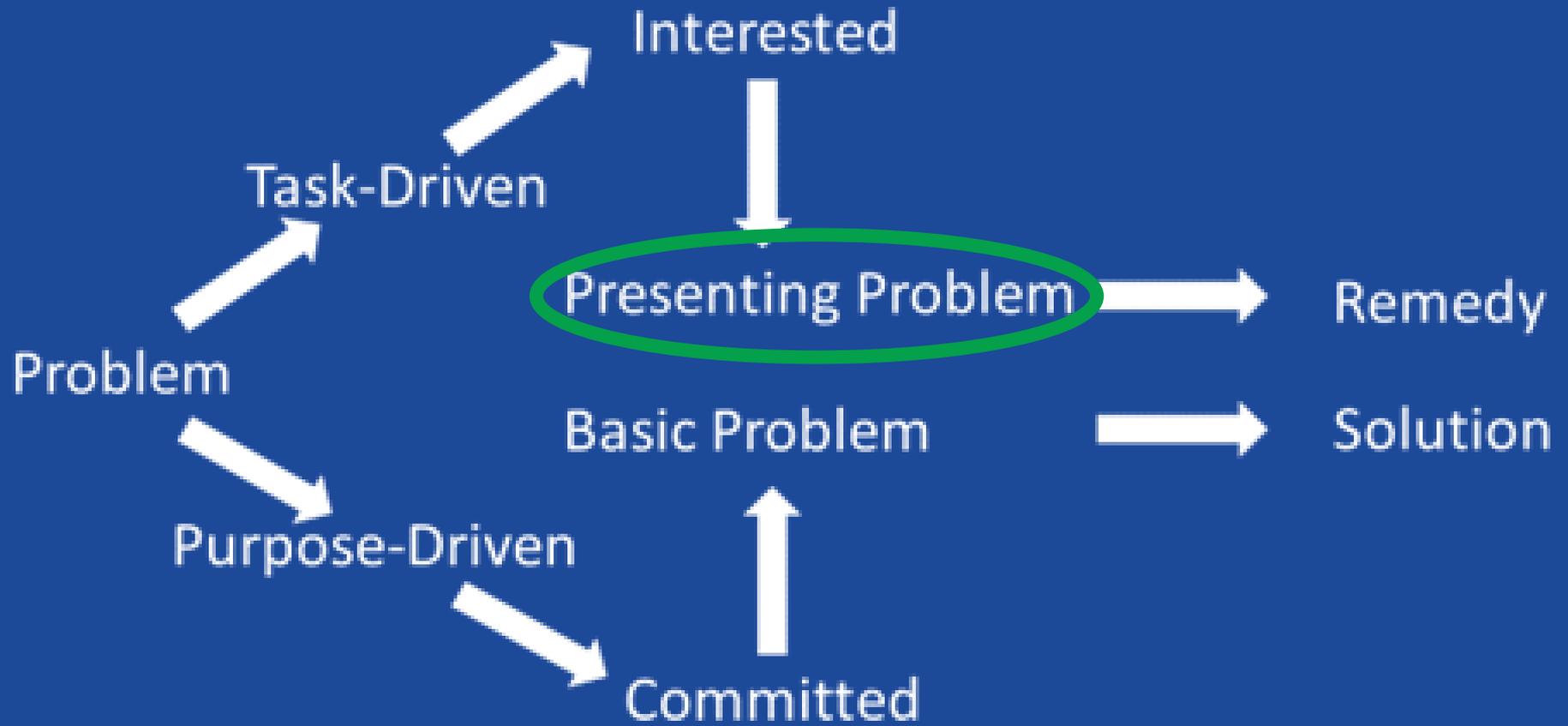
By [Kate Elizabeth Queram](#),
Staff
Correspondent

SEPTEMBER 17, 2019 05:09 PM ET

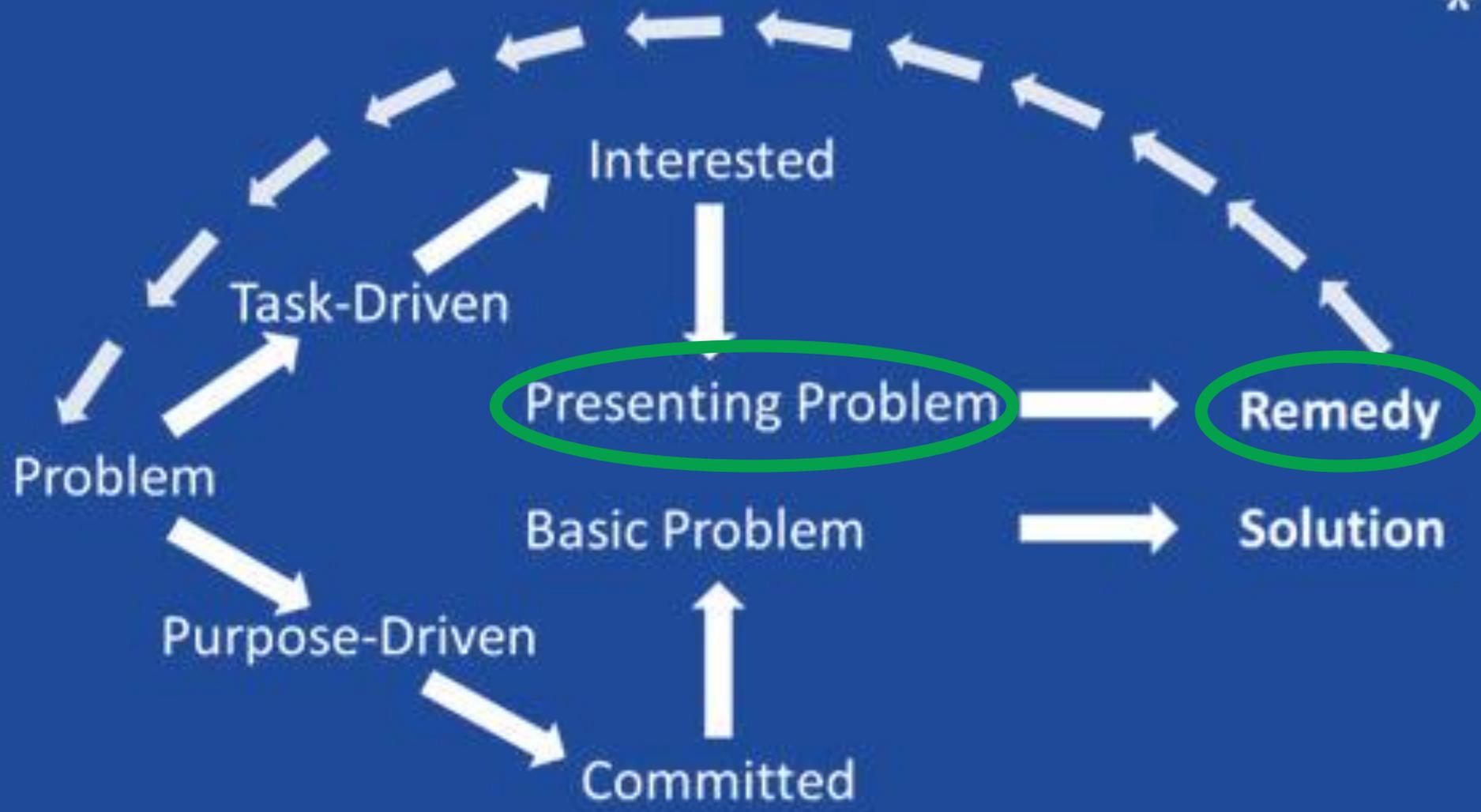
New research about rural high school students found that suicide prevention should involve fostering strong connections to adult staff members.

Interrelated and Overlapping Mosaic of Suicide Risk Factors





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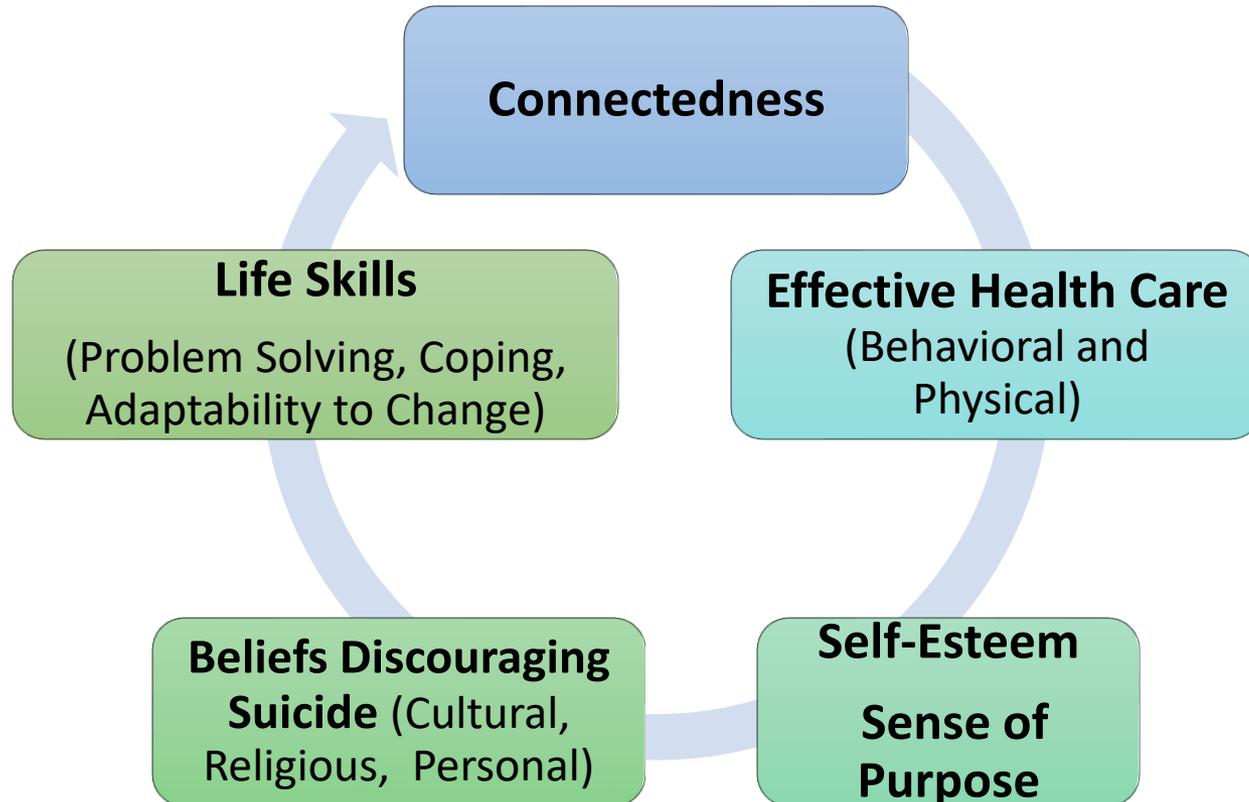
Some things are hard to talk about.

KT

Our children are not doomed.



Suicide Protective Factors



Give me strength!

- People
- Places
- Activities
 - Mental
 - Physical
 - Spiritual
 - Emotional

BREAK



KT

Professional Development

- Types of training
 - Genres?
 - Topics?
 - Audiences?
- Types of trainers
 - Experts?
 - Peers?
 - National?
- Logistics
 - Length?
 - Format?
 - Dates?

KT

When people meet you,
they aren't meeting you
at the beginning of your
story...you are a book-in-
progress.

-ACEs Connection



Georgia Department of Education

SafeSchoolsGeorgia
@GaDOESafeSchool

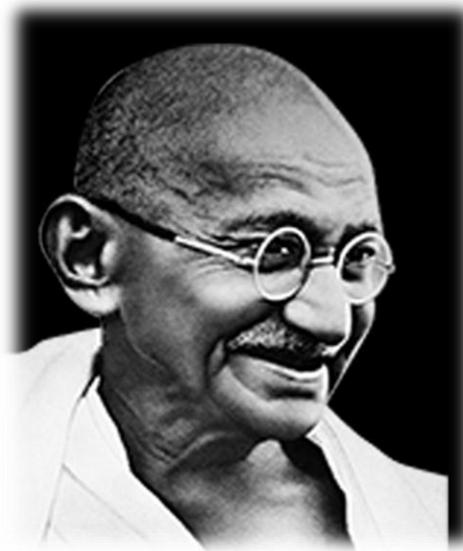
Promoting positive school climate through safe and supportive practices in Georgia schools.



@gadoesafeschool

I want someone to look at me and say,
“Because of you I didn’t give up.”

-Mahatma Gandhi



QUESTIONS??

Cheryl Benefield: cbenefield@doe.k12.ga.us

Jeff Hodges: jhodges@doe.k12.ga.us