

Evidence-based Gatekeeper Curriculum for Schools: Practical considerations for adoption and training



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(a)(1) The Department of Education shall adopt rules to require that all certificated public school personnel receive annual training in suicide awareness and prevention. This training shall be provided within the framework of existing in-service training programs offered by the Department of Education or as part of required professional development offered by a local school system.

(2) The Department of Education shall, in consultation with the Department of Behavioral Health and Developmental Disabilities, the Suicide Prevention Program established pursuant to Code Section 37-1-27, and suicide prevention experts, develop a list of approved training materials to fulfill the requirements of this subsection which may include training materials currently being used by a local school system if such training materials meet any criteria established by the department.

(3) Approved materials shall include training on how to identify appropriate mental health services, both within the school and also within the larger community, and when and how to refer youth and their families to those services.

(4) Approved materials may include programs that can be completed through self-review of suitable suicide prevention materials.

Data Update

Georgia Youth Grades 6-12, 2013-2016

(Source: Georgia Student Health Survey II)

Measures	2013-2014		2014-2015		2015-2016		663,797
	#	%	#	%	#	%	
Seriously considered attempting suicide during past 12 months	54,859	9.3%	58,372	9.3%	57,677	8.7%	
Attempting suicide at least once in past 12 months	31,346	5.3%	27,985	4.4%	27,014	4.1%	
Attempting suicide more than 5 times in past 12 months	--	--	4,905	0.8%	4,731	0.7%	
Disagreed with statement "I know an adult at school that I can talk with if I need help"	152,820	26.0%	149,597	23.8%	146,889	22.1%	

Who Needs What Training

- All staff need gatekeeper training. Annual training for all updates information needed for this role.

- Student services staff and school administrators need specialized training for prevention, intervention, and postvention
 - So they can be trainers to other school staff who will implement prevention (ie LIFELINES: Prevention)
 - So they can implement interventions and postvention activities if needed

Why Gatekeeper Training

- Gatekeeper Training can help identify at-risk youth
- Gatekeeper Training raises awareness and vigilance
- Gatekeeper Training provides a pathway to care for those who need help

Plan Training Using The Air Force Approach

Multiple Strategies

Used Simultaneously

And Sustained Over Time

Review of Existing Resources

Department of Education Website

[A Tour of The Website](#)

<http://www.gadoe.org/External-Affairs-and-Policy/Policy/Pages/Suicide-Prevention.aspx>

Existing Gatekeeper Curriculum Resources

- Educators As Partners Curriculum
- Educators As Partners Trainer Guide
- Educators As Partners Module taught by Maureen Underwood

- Behavioral Health Link information

Mini curriculum/refresher modules

- Warning signs
- How to Make a Warm Handoff
- What Parents Need to know

New Resources

Click link below to access:

List of Evidence Based Curriculums and Strategies for Implementation

<https://dbhdd.georgia.gov/suicide-prevention>

QUESTION, PERSUADE, AND REFER (QPR)

- **Gatekeeper Training**
 - Train Adults Serving Youth
 - Knowledge base of warning signs and how to get help
 - Practice is critical
- **Time frame 1 hour minimum, 1.5 with practice (may be split into 2 sessions) longer sessions as well**
- **Cost**
 - Under \$500 to train a trainer
 - Must supply booklets to all participants @ \$3/person (there are economies of scale)
- **Availability of trainers – over 200 trainers exist in Georgia. Each CSB has at least two trainers on staff. Partnering is encouraged.**

SIGNS OF SUICIDE (SOS)

- The SOS Signs of Suicide Prevention Program (SOS) is a universal, school-based depression awareness and suicide prevention program designed for middle-school (ages 11–13) or high-school (ages 13–17) students.

The goals are to

- 1) decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression,
- 2) encourage personal help-seeking and/or help-seeking on behalf of a friend,
- 3) reduce the stigma of mental illness and acknowledge the importance of seeking help or treatment,
- 4) engage parents and school staff as partners in prevention through “gatekeeper” education, and
- 5) encourage schools to develop community-based partnerships to support student mental health.

The SOS Programs will help you and other school staff members **facilitate an open discussion with students about mental health** and **identify those students who need further evaluation.**

Through research we have learned that a positive relationship with an adult is one of the most critical factors in preventing student violence, suicide, and bullying. The SOS Program encourages students to identify a trusted adult in their life such as a school counselor, teacher, or coach, and to turn to them when in need.

Also included in the SOS Program is a validated screening tool to assess students for the signs of depression. The screening tool is not diagnostic but indicates the presence of symptoms consistent with depression.

While we highly recommend using both the screening tool and the educational video components, schools are not required to use the screening tool. The 40% reduction in suicide attempts in the randomized controlled study is a result of schools using both the screening and education components.

SOS Gatekeeper Training

- Plan, Prepare, Prevent, a 90-minute interactive course providing in-depth suicide prevention education and guidance on implementation of the SOS Program. The online module offers free contact hours towards licensure for some school professionals.
- The second tool is the “Training Trusted Adults” DVD, ideal for parent, community, and staff trainings. This video details the issue of depression and suicide among youth and emphasizes the important role parents and school personnel can play in helping at-risk students. The DVD comes with a discussion guide to help you start community conversation.

SOS Practical Matters

- High school, middle school and screening tools under \$500. Sold separately
- Need buy-in from schools to bring the program into the schools
- Gatekeeper training and family programs are suitable for community use as well

A Focus on Outcomes

- **Short Term Outcomes**
 - Awareness, knowledge
 - Stigma reduction and intention to act
- **Mid Range Outcomes**
 - Coping Skills and Self-Help
 - Linkage with Trusted Adult
 - Linkage to Treatment
 - Engagement in Treatment and Recovery
- **Long Term Outcomes**
 - Less suicidal ideation
 - Fewer attempts
 - Zero Suicide

Upcoming Webinars



Richard Woods,
Georgia's School Superintendent
"Educating Georgia's Future"
gadoe.org

- **Behavioral Health Resources for Families: Updates for GA Schools**
September 27, 2016 11:AM & 2:PM

[Register 11:00 Session](#)

[Register 2:00 Session \(Repeat of 11AM\)](#)

- **Si Se Puede!! (Yes, You Can!): Building School Counselor and Latino Parent Partnerships to Promote Student Success**
September 28, 2016, 2:00 PM

[Register](#)

- **NCAA Eligibility and Supporting Your Student Athletes**

Oct. 5, 2016, 1:00 PM [Register](#)

- **Model Comprehensive School Counseling Program: Foundation**

Oct. 12, 2016, 1:00 PM [Register](#)

- **Motivating the Unmotivated Student**

Oct. 26, 2016, 1:00 PM [Register](#)