

Lifelines Parent Information Session

*Adapted for the
Bedminster Township School District*

Lifelines
A Suicide Prevention Program

General

Statement

This presentation has been adapted from a parent/guardian information session provided by Lifelines. Much of the information is verbatim from the Lifelines Curriculum or actual slides provided by Lifelines trainers.

As we implement this program, the district is collaborating with stakeholders including our students, staff, families and our receiving district to reflect on ways to support our students. We are also partnering with the County Department of Health and county school districts.

Five Important Things Parents and Guardians To Learn

**Why Youth Suicide
Prevention is
Important**

**How to Recognize
Warning Signs**

**What your School
is Doing For
Prevention**

**What are
Protective Factors
& How to Foster
Them**

**What to do if You
are Worried about
Your Child**

**What the
Curriculum
Looks Like
Across Grade
Levels**

Four–Five, 40 minute lessons for students in 5th grade

Four–Five, 40 minute lessons for students in 7th grade

Two–Three, 45 minutes lessons for students in 9th–10th grade

**Lifelines Prevention
Curriculum—
Key Takeaways for
Students**

**Social
Connections**

**Help-Seeking
Skills**

**Knowing how to
access in
school
resources**

What Your School is Doing for Prevention: The Lifelines Trilogy

- **Comprehensive**
- **Evidence-based**
- **Uses public health prevention model**
- **Sustainable**

Lifelines
A Suicide Prevention Program

Prevention Goals



Everyone in the school community will:

- Continue to support students socially and emotionally**
- Know warning signs**
- Be able to identify students with warning signs**
- Make effective referrals**

The Scope of Training in Your School

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- ★ The faculty who teach the prevention curriculum and school counselors were trained on the curriculum and its implementation.
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- ★ All school staff receive a training on suicide awareness and prevention.
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- ★ All parents and/or guardians have access to a training and/or resources regarding suicide awareness and prevention.
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- ★ Students participate in a Suicide Prevention Curriculum.

Prevention Curriculum

Instructional Objectives

□ Students will:

- Know how to respond to peers in need of help
- Know how to access help for themselves
- Know resources: be able to name two trusted adult and know how resources will respond
- Recognize the threat of suicidal thoughts and behavior and take peers in need of help seriously
- Know relevant facts about suicide, including warning signs

The Importance of Trusted Adults

- Curriculum designed to help students identify Trusted Adults in their lives whom they can turn to for support
- Students name the qualities they look for in helpful/trusted adults
- Students encouraged to name at least two trusted adults



AT LEAST 30% OF
YOUTH WILL TELL
SOMEONE ELSE

Understanding Suicide Better

A behavioral definition puts suicide into words that are easy to understand:

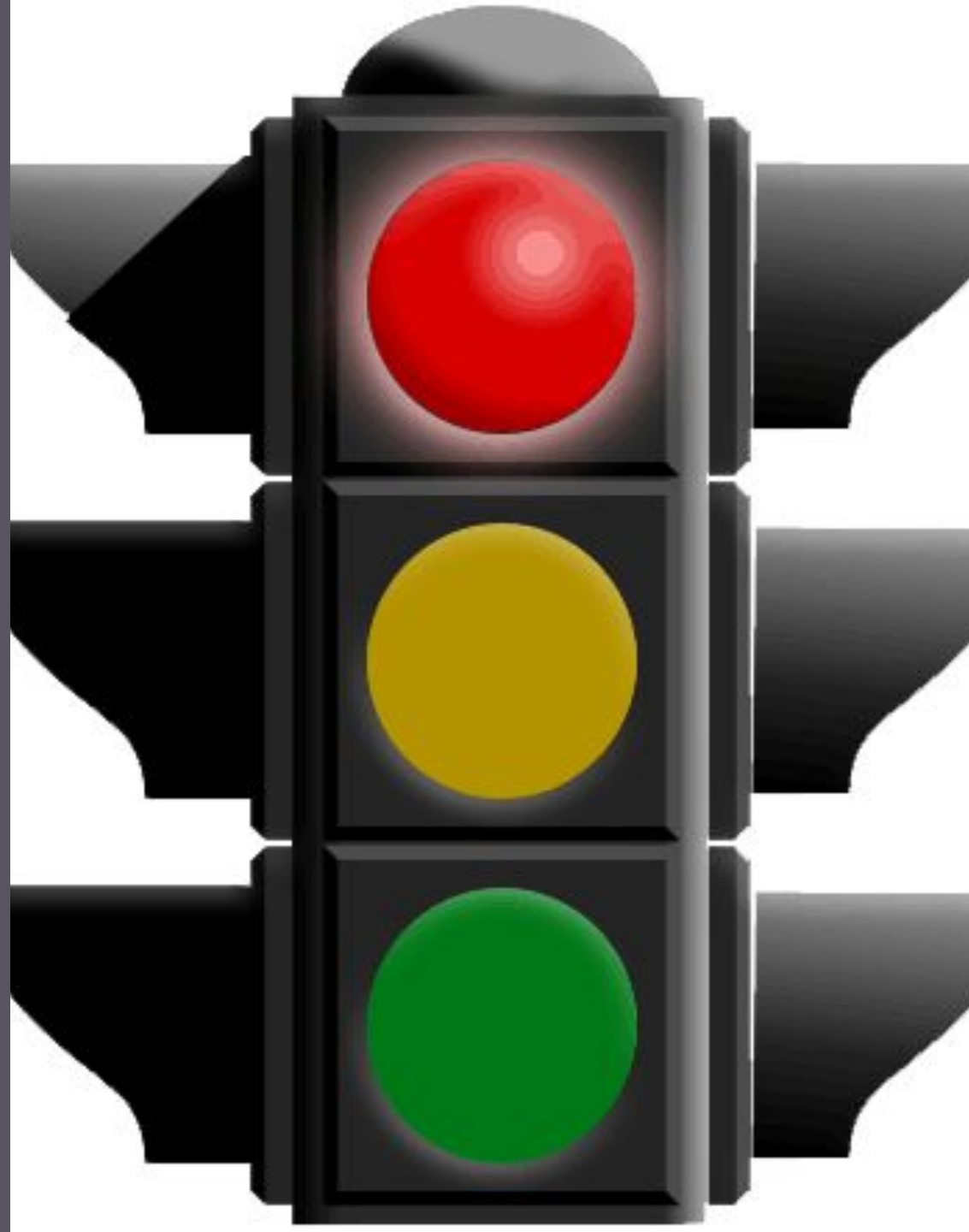
Suicide is an attempt to solve a problem of intense emotional pain with impaired problem-solving skills

How to Recognize Warning Signs

Red – Warning

Amber – Risk

Green – Protective Factors



Risk Factors:

traits, attributes, characteristics or other variables associated with increased risk for suicide or suicidal behavior

- **Family history of suicide**
- **Mental health diagnosis**
- **Previous attempt**
- **Being exposed to a peer's death**
- **Access to lethal means**

Warning Signs:
FACTS

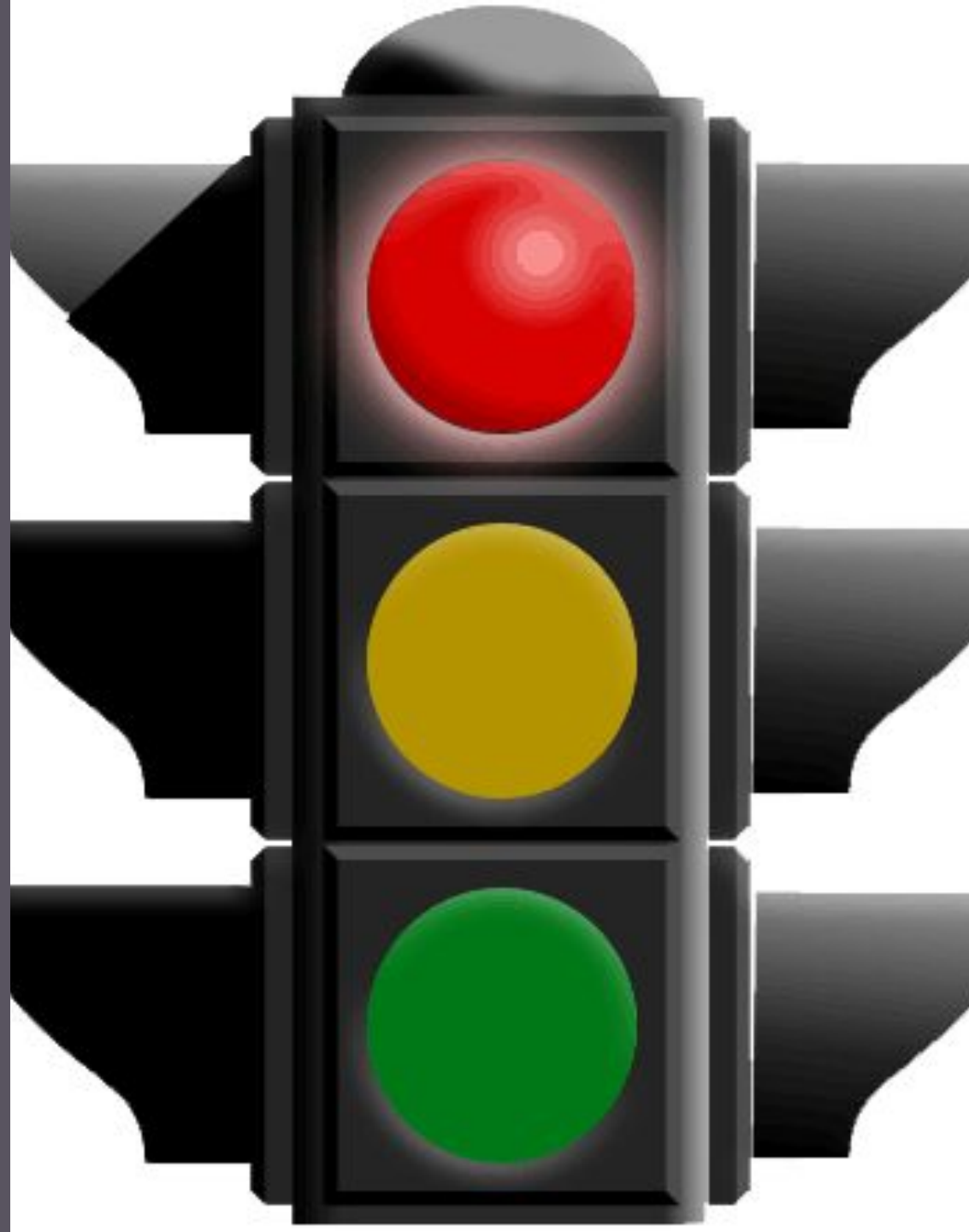
- **Feelings**
- **Actions**
- **Changes**
- **Threats/talk**
- **Situations**

**WARNING
SIGNS YOU MAY
NOTICE AT
HOME**

- **Changes in appearance**
- **Changes in mood**
- **Increased irritability**
- **Changes in eating habits**
- **Loss of interest in activities**
- **Somatic complaints**
- **Actual threats or suicide notes**
- **Concerns expressed by peers**

What are “Protective Factors” and How do We Foster Them?

Personal, behavioral, or situational characteristics that contribute to resiliency and serve as a buffer against risk



Protective Factors for Youth

- Contact with a caring adult!
- Sense of connection
- Positive self-esteem and good coping skills
- Access to care for emotional/physical problems, substance abuse

Fostering Protective Factors: For Parents



How To Be a Partner in Prevention

- **Be an advocate**
- **Become educated about youth suicide, especially in your area**
- **Be alert to what's going on with teens in your community**
- **Be nosey- ask questions, be aware of what's online**
- **Monitor behavior**
- **Know your resources**
- **If your child needs mental health services, be an educated consumer**
- **Stay concerned and FOLLOW UP!**

How To Talk With Your Kids & Listen to Their Answers

Ask	Ask your kids what they think/feel about suicide
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LISTEN	LISTEN to the answer
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Don't disagree	Don't disagree with them or minimize what they tell you
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Use	If you hear anything that concerns you, use the 3 magic words: TELL ME MORE
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Be	Be prepared to take action IMMEDIATELY
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