



Resilience and Suicide Prevention in Schools

Resources provided are courtesy of Resiliency Technologies, and our collaborators including the United Way Behavioral Health Task Force, Spartanburg county school districts and the Behavioral Alliance of South Carolina out of USC Department of Psychology.

The below are programs and resources discussed on Sharpen's school resiliency & behavioral health Fireside Chats.

Behavioral Alliance of South Carolina (BASC)

In partnership with the South Carolina Department of Education Office of Special Education Services and the Southeastern School Behavioral Health Community (www.schoolbehavioralhealth.org) the Behavioral Alliance of South Carolina (BASC) seeks to build capacity for supporting students with or at risk of developing emotional disabilities in SC, and to promote positive impacts across social, health, emotional, behavioral and academic areas of student functioning. The BASC provides year-round opportunities for educators, students and practitioners across the state to learn evidenced based practices for prevention and treatment of emotional and behavioral concerns. Utilizing a tiered strategic plan, BASC provides training and technical support at three levels of intensity based on the need of local education agencies to reduce the achievement gap between students with emotional disabilities and their peers without disabilities. Watch the BASC Fireside Chat [here](#).

ACEs

According to the [Centers for Disease Control](#), Adverse Childhood Experiences (ACEs) have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity. Working together, we can help create neighborhoods, communities, and a world in which every child can thrive.

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

ACEs training through the CDC:

<https://vetoviolence.cdc.gov/apps/aces-training/#/>

Compassionate Schools. In their 2020 report, the SC Institute of Medicine and Public Health¹ reported: "Compassionate Schools is a national framework used to train teachers and those involved with students to become 'trauma-sensitive' and 'trauma-informed' so that students, schools, and communities become 'trauma-resilient.'" The Compassionate Schools project aims to accomplish this goal by training academic staff on how to properly recognize and address signs of Adverse Childhood Experiences.² The Spartanburg County BHTF began utilizing the Compassionate Schools model in early 2016, and by May 2017, over 400 local educators received training under this model.³ As of August 2020, the Spartanburg County BHTF has trained over 5,000 academic staff members and stakeholders of the local education system under the Compassionate Schools model since the initiative's adoption in 2017.⁴ Recently,

¹ South Carolina Institute of Medicine and Public Health, 2020. Spartanburg County Behavioral Health Task Force. Hope for Tomorrow: The Collective Approach for Transforming South Carolina's Behavioral Health Systems. Available online in January, 2021 via <https://imph.org/taskforces/behavioral-health-task-force/>
² Parker, J., Olson, S. & Bunde, J. "The Impact of Trauma-Based Training on Educators." *Journ Child Adol Trauma* 13, 217–227 (2019). <https://doi.org/10.1007/s40653-019-00261-5>

³ United Way of the Piedmont. "United Way of the Piedmont Receives \$15,000 from Mary Black Foundation for Compassionate Schools Project." March 30, 2017. Accessed July 31, 2020. <https://www.uwpiedmont.org/united-way-of-the-piedmont-receives-15000-from-mary-black-foundation-for-compassionate-schools-project/>

⁴ Barnett, Tom & Witt, Heather. Informational interview with author, August 11, 2020.

the program name changed to Resilient Schools. To connect with the Resilient Schools initiative in South Carolina, contact USC Upstate at the [Child Protection Training Center](#). Training includes various options, such as a three-day comprehensive program that covers ACEs and resiliency best practices.

Mental Fitness

Now in its 14th year, Mental Fitness is a nonprofit agency that offers live, evidence-based resiliency trainings for educators, parents and students alike. Each session is strategically designed to provide participants with simple, practical methods to effectively incorporate healthy coping skills into their individual circle of influence. Programs include live workshops and practical tools for the classroom setting, such as Mental Fitness in a Box and Mindset Activity Decks which have been incorporated into the Compassionate Schools and Resilient Schools initiatives in South Carolina. [Learn more here.](#)

MTSS

Many schools use a framework of interventions and supports designed to address these behavioral and academic challenges. This framework, known as MTSS, helps schools to identify struggling students early so that they may receive assistance quickly. But what is MTSS? Multi-Tiered System of Supports (MTSS) is a framework that helps educators provide academic and behavioral strategies for students with various needs. MTSS grew out of the integration of two other intervention-based frameworks: Response to Intervention (RtI) and PBIS. [Learn more here.](#)

Rehabilitative Behavioral Health Services (RBHS)

Rehabilitative Behavioral Health Services (RBHS) are medical or remedial services available to all Medicaid beneficiaries diagnosed with mental health and/or a substance use disorder (SUD). [Learn more through the SC Department of Education website.](#)

Triple P Parenting is an evidence-based model made available for preschool and elementary

through Parent educators. There is a Teen Triple P for adolescents through the Hope Center in South Carolina. [Learn more here.](#)

Social Emotional Skills Programs

CASEL

The Collaborative for Academic, Social, and Emotional Learning defined SEL more than two decades ago. Today, we support state, districts and schools nationwide and convene leading thinkers to ensure SEL is a priority in every school nationwide. [Learn more here.](#)

Responsive Classroom

Responsive Classroom is a student-centered, social and emotional learning approach to teaching and discipline. It is comprised of a set of research, and evidence-based practices designed to create safe, joyful, and engaging classrooms and school communities for both students and teachers. [Learn more here.](#)

Second Step

Second Step Social-Emotional Learning (SEL) gives students the tools to excel in and out of the classroom. Our easy-to-teach program garners outstanding reviews from educators who've noticed schoolwide improvement and see even the most challenging students make progress in emotion management, situational awareness, and academic achievement. [Learn more here.](#)

Scales and Screeners:

- [Columbia Suicide Severity Rating Scale](#)
- BASC 3 ([Behavior Assessment System for Children- 3rd Edition](#)). An assessment that counselors can use to identify clinically significant and at-risk areas of children/adolescents.
- [Edition Screening/Progress Monitoring Scale](#)
- [Social emotional learning scale](#)
- [Social Skills Improvement System \(SSIS\)](#)
- [Student Risk Screening Scale Internal and External](#) is on the state department approved list for screening. Students identified with moderate and high risk were

provided supports to include guidance check-ins, groups, mentors, RTI referral, and mental health counseling.

Spartanburg School District Seven Threat Risk Assessment Manual was developed by the D7 TRA Task Force and continues to be updated and adjusted. It would be great if every school district developed a task force specifically to address policies and protocols around suicide and homicidal ideation.⁵⁶

Sharpen

Sharpen is a software service that delivers comprehensive, evidence-based, trauma-informed trainings and screeners to teachers, parents and students. With over 450 modules covering topics from ACEs to toxic stress, anxiety and social emotional skills, the system is easy to deploy and designed in collaboration with more than 200 national experts. Learn more at www.SharpenMinds.com/Schools

⁵ <https://ncyi.org/wp-content/uploads/2018/03/Reeves-SchoolThreatAssessment.pdf>

⁶ <https://www.nasponline.org/resources-and-publications/resources-and-podcasts/covid-19-resource-center/crisis-and-mental-health->

Suicide Prevention Resource Guide

created by Robyn Husa Farrell, CEO Sharpen



Suicide Prevention Programs & Models at-a-glance:

Individuals or groups can be trained in any of the below models from certified trainers. These models have strong scientific backing and have proven outcomes.

- **LIVING WORKS:**
www.livingworks.net
- **CONNECT postvention:**
<https://theconnectprogram.org>
- **SOURCES OF STRENGTH:**
<https://sourcesofstrength.org/>

National Resources and Tools:

Active Minds

- a peer-focused nonprofit supporting mental health
- Get [gear](#)
- Book a [speaker](#)

AFSP

- American Foundation for Suicide Prevention is the national leader in research and policy.
- AFSP.org

Center for Healthy Minds

- <https://centerhealthyminds.org/>

SPRC

- The Suicide Prevention Resource Center is supported by US Department of Health and Human Services.
- [ZERO Suicide Toolkit](#)
- [Safe Messaging Guidelines](#)
- [Life Skills & Resilience Guidelines](#)

Trevor Project

- Support for LGBTQIA+ community members.
- [Support Center](#)

CRISIS TEXT LINE

- Text “Brave” to 741-741
- Free 24/7 support for anyone in crisis

Text from anywhere in the United States, anytime, about any type of crisis. A real-life human will receive the text and respond, all from a secure online platform. This trained, volunteer, crisis counselor will help you move from a hot moment to a cool moment.

NATIONAL SUICIDE PREVENTION LIFELINE

- Call 1-800-273-TALK (8255)
- Free 24/7 support for anyone in suicidal crisis

Call from anywhere in the United States. You will be routed to the closest crisis center in your area. Call for yourself or someone you care about. Your call is free and confidential.

DISASTER DISTRESS HELPLINE

- Call 1-800-985-5990

Text “TalkWithUs” to 66746

Free 24/7 crisis counseling and support for anyone experiencing emotional distress related to natural or human-caused disasters

Call for yourself or on behalf of someone else from anywhere in the United States to be connected to a trained counselor. Support is available in Spanish and more than 100 other languages. The service is free and confidential and provided by SAMHSA (the Substance Abuse and Mental Health Services Administration).

The helpline is for anyone experiencing emotional distress related to disasters such as hurricanes, wildfires, earthquakes, incidents of mass violence, infectious disease outbreaks, incidents of community unrest, and other traumatic events.

When to use the helplines and what to expect

Use the helplines as soon as you feel you or a friend are in crisis. Trauma, depression, substance abuse, difficulties with family, and high stress are all valid reasons to reach out. You should never feel your problem is too small or insignificant. The crisis counselor’s goal is to help you make healthy decisions and feel safe. You will be asked some questions about your feelings, social situation, safety, and any thoughts of suicide that you or the person you are calling about might be having. Answering truthfully will help the crisis counselor connect you to the resources you need.