



Creating a Systemic Approach to Suicide Prevention

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Who Are We?

Sacramento City Unified School District

- Large urban district
- 46,000 students
- 82 schools
- 68.4% free and reduced lunch

Goal: Create a systemic approach to providing support to students at risk of suicide

- Develop a plan
- Create an infrastructure
- Identify evidenced-based assessments
- Build capacity
- Develop training modules
- Develop district procedure
- Develop a sustainability plan

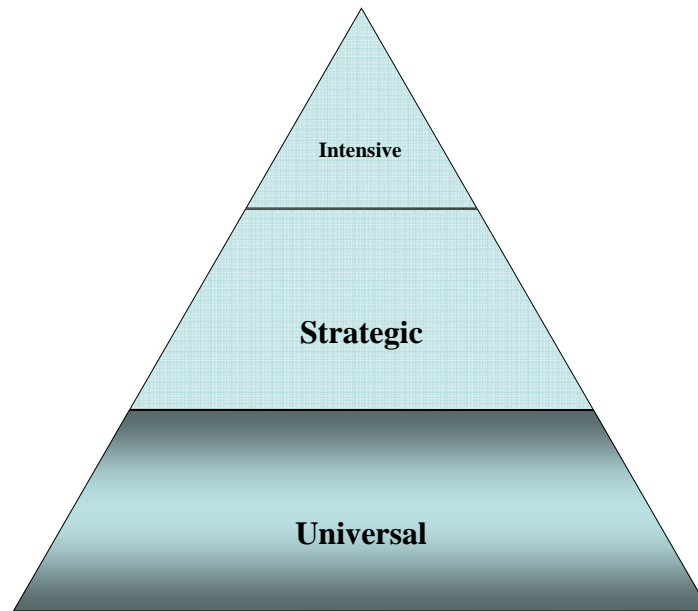


How did we get here?

Safe Schools/Healthy Students Grant (2003)

- Increase support services to targeted schools
- Focus on mental health support
- Relationship with University of Washington

Intervention Support Framework





Developing our Plan

➤ 2004-2005

- **Task force to address suicide prevention and crisis response**
- **Consultation with University of Washington: Reconnecting Youth**



Building Relationships within the District

- **Breaking out of silos**
- **Support from Administration**
- **Collaborating with Special Education**
- **Project ownership**



Creating an Infrastructure

- Task Force
- Committee
- Department



Identify Evidenced-based Assessments

- **Screen for Youth Suicide Risk (SYSR)**
University of Washington, School of Nursing
- **Child Suicide Risk Assessment (CSRA)**
Girls and Boys Town, Nebraska



Building Capacity: Who should be trained?

- Phase I: Social Workers, Nurses and School Psychologists
- Phase II: School Counselors



Training Components

- **Overview: Suicide Prevention**
- **Clinical Training**
- **Refresher**



District Procedure

- **Safety**
- **Communication**
- **Documentation**
- **Follow-up**



Sustainability

University of Washington Research Project

- **Suicide Risk Awareness for Comprehensive High Schools**
- **Brief Assessment Skills for Clinical Staff**
- **Prevention Intervention Skills**
- **Train the Trainers**

Successes

- **Created a system to address suicide prevention**
 - Over 90 district staff trained in suicide assessment
 - Partnership with University of Washington
- **Sustainable model**
- **Create district awareness of at-risk behaviors and social-emotional wellness**
- **Development of Connect Center**



Challenges

- **Big picture vs. small picture**
- **Documentation and data**
- **Maintain relationships with district academic leadership**
- **Professional development**
- **Shrinking resources**



Moving Forward

- Refine train the trainer model
- Develop collaborative partners
- Identify funding or other resources



Thank- you

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