

## School-Wide Suicide Prevention and Intervention Training Programs

Training	BPR Section 1*	BPR Section 3**	Training Description	Organization	Online Resource	Cost
Break Free from Depression		X	A school-based curriculum designed to increase adolescents' awareness and knowledge about depression, enhance their ability to recognize signs and symptoms in themselves and their friends, and increase students' skills and strategies for finding help for themselves and their peers. This 4-session curriculum for high school students combines didactic and interactive activities. The cornerstone of the curriculum is a documentary that focuses on a diverse group of real adolescents (not actors) talking about their struggles with depression and suicide in their own words. They discuss stigmas often associated with depression, their symptoms, the course of their illness, and the methods they have used to manage their depression. Each session lasts 45 to 60 minutes and can be taught by high school personnel such as guidance counselors, health teachers, or school nurses, or by or community health providers partnered with the school.	Boston Children's Hospital	<a href="http://www.childrenshospital.org/centers-and-services/break-free-from-depression-program/information-on-depression">http://www.childrenshospital.org/centers-and-services/break-free-from-depression-program/information-on-depression</a>	Free. For more information on upcoming trainings visit their website.
Lifelines		X	Lifelines is a school-based suicide prevention curriculum for implementation in middle school and high school.	Society for the Prevention of Teen Suicide	<a href="http://www.sptsusa.org/store.html">http://www.sptsusa.org/store.html</a>	3 Day Training is \$6000 + billable hours for post-training consultations, meetings, etc. Materials: \$225 per <i>Lifelines Prevention</i> toolkit; \$149 per <i>Lifelines Intervention</i> toolkit and \$99 per <i>Lifelines Postvention</i> toolkit; \$425 if toolkits
Lifelines Prevention: A Suicide Prevention Program		Lifelines: A Suicide Prevention Program toolkit includes a program guide, a CD-ROM (which contains reproducible handouts and other resources) and two DVDs. Students participate in role-playing exercises that teach them what to do when faced with a suicidal peer. The exercises feature an emphasis on seeking adult help and frank discussions on the warning signs of suicide. In the process of teaching students how to help a friend, students who may be suicidal themselves will learn the importance of getting help as well.				
Lifelines Intervention: Helping Students At Risk for Suicide		Lifelines is designed to facilitate intervention with, and referral of, potentially at-risk students by providing school resource staff with a manualized approach to the assessment and referral process. Lifelines Intervention is based on the recognition that although schools are not mental health facilities, the skillful and appropriate adaptation of traditional counseling techniques by school-based staff can assist in the process of gathering essential information from students. This information can clarify the school's concerns about risk and can assist referral resources with treatment planning. The Lifelines Intervention manual includes a DVD that illustrates specific techniques for use with				

			challenging students and with parents who may be resistant to either the conversation about suicide risk or referral for an off-campus mental health evaluation. The manual also calls attention to special populations that might be at elevated risk and reinforces the importance of the development and promotion of resilience and protective factors.			purchased as a bundle. Travel expenses for trainer(s) extra. For more information contact Dawn Doherty at 732-410-7900 or <a href="mailto:dawn@sptsusa.org">dawn@sptsusa.org</a>
Lifelines Postvention: Responding to Suicide and Other Traumatic Death			Lifelines Postvention: Responding to Suicide and Other Traumatic Death is a 170-page manual with accompanying CD that provides a template for creating a school-based response to the death of a member of the school community by suicide or other traumatic means. The manual emphasizes the critical, but limited, role of the school in managing the effects of the death with a response that uses school resources, augmented by community support when necessary.			
Response: A Comprehensive High-School Based Suicide Awareness Program (2 <sup>nd</sup> Edition)		X	RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide. Components include (1) a two-hour awareness training for staff, (2) a four-hour student curriculum (spread across four class periods), and parent awareness materials.	ColumbiaCare Services, Inc.	<a href="http://www.columbiacare.org/Page.asp?NavID=99">http://www.columbiacare.org/Page.asp?NavID=99</a>	School Kit \$425; Additional teacher manual \$137.50; Optional Parent Workshop \$175
SOS Signs of Suicide®	X (High School Program)	X (Middle School Program)	SOS is a program designed for middle and high school students. The program uses a universal prevention approach to assist in identification of at-risk youth by addressing the issues of depression, suicide, and self-injury. The main teaching tool of the program (which is implemented by school professionals) is a video that teaches students how to identify symptoms of depression and suicidality in themselves or their friends. The video encourages help-seeking using an action-oriented approach, instructing students how to ACT® (Acknowledge, Care and Tell) in the face of a mental health emergency. The program includes an optional student screening that assesses for depression and suicide risk and identifies students to refer for professional help as indicated. Students also participate in guided classroom discussions about suicide and depression. The intervention seeks to increase knowledge about suicide and depression, prevent suicide attempts, and increase help-seeking behavior.	Screening for Mental Health	<a href="http://shop.mentalhealthscreening.org/collections/youth-programs">http://shop.mentalhealthscreening.org/collections/youth-programs</a>	\$395 (includes kit and materials for 100 students)

Plan, Prepare Prevent: The SOS Signs of Suicide Online Gatekeeper Training		X	Plan, Prepare, Prevent: The SOS Signs of Suicide® Online Gatekeeper Training is the training module of the larger SOS Signs of Suicide Prevention Program. This module outlines the components of the SOS program and program objectives and how middle and high schools can implement SOS.		<a href="http://mentalhealthscreening.org/Gatekeeper">http://mentalhealthscreening.org/Gatekeeper</a>	Free for schools currently not using SOS. Registration required.
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**\*Section I of the Suicide Prevention Resource Center’s Best Practices Registry (BPR)** lists [evidence-based programs](#), that is, interventions that have undergone rigorous evaluation and demonstrated positive *outcomes*. Section I programs are effective, although their effectiveness may not hold true for all audiences or settings.

Section I: Evidence-Based Programs combines programs from two sources:

- **National Registry of Evidence-Based Programs and Practices (NREPP)**  
NREPP is SAMHSA’s online registry of interventions that have demonstrated effectiveness in the prevention or treatment of mental health and substance use disorders, including some interventions that address suicide. While NREPP is independent of the BPR, all suicide-related interventions listed in NREPP are also included in Section I of the BPR.
- **SPRC/AFSP Evidence-Based Practices Project (EBPP)**  
The EBPP was a previous effort to identify evidence-based suicide prevention practices. Interviews for the EBPP were stopped in 2005 when SAMSHA began reviewing suicide-related interventions for NREPP. Based on expert review, the EBPP included 12 evidence-based programs that were classified as either effective or promising. These 12 programs continue to be included in Section I of the BPR (most are now also listed in NREPP.) For more information about the EBPP, see [EBPP Project Description](#) (PDF) and [List of Programs Identified by the EBPP](#) (PDF).

**\*\*Section 3 of the Suicide Prevention Resource Center’s Best Practices Registry (BPR)** lists programs, practices, policies, protocols, and informational materials whose content has been reviewed according to current program development standards and recommendations. Section III programs and materials are designed for use in specific settings, such as schools, communities, clinics, campuses, etc.