

## **Fresno Unified Board Exhibit (E) 5141.52 Suicide Prevention**

The Governing Board knows that suicide is a tragedy that affects young people, families and communities. All adults can help stop suicide. Adults at the school who speak with kids may be a big help to kids when they are having thoughts about dying.

The district will talk with parents, experts, and read the county mental health plan to learn more about the type of help kids need. If a K-6 kid who has Medi-Cal benefits needs help, the district will work with the county mental health plan. The district will also make sure it knows what other people in the community are doing to help kids.

Teachers and other adults at school will learn about suicide awareness and prevention.

The Superintendent or Designee has developed a plan that include the following:

### Overall Plan for Suicide Prevention

The district will talk with parents, experts, and read the county mental health plan to learn more about what help kids need. Science shows talking about the prevention of suicide works to prevent attempts.

A specific person at the district and each school will be in charge of making sure the plan is happening.

### Prevention

#### A. Messaging about Suicide Prevention

Talking about suicide works to prevent the number of attempts. The district will check with experts to make sure they use the best information.

#### B. Training:

Teachers and other adults will learn about suicide awareness and prevention. Training:

- Once a year adults will be taught how to notice if kids
  - s are thinking about suicide.
  - Adults at school will learn about
    - What to look for;
    - How to talk with kids about suicide;
    - Who to call when someone is thinking about suicide;
    - Information about the feelings of kids at school.
    - The plan to help kids, staff, and others deal with their feelings when a suicide or suicide attempt occurs;
    - How to look for patterns in data from surveys and other places.
- The district will do its best to help kids who are at higher risk of suicide.

Kids who might be at higher risk are kids who know someone who died by suicide; kids with disabilities; kids with mental illness; kids who use drugs or alcohol; kids who are homeless or who are in foster care; and kids who are lesbian, gay, bisexual, transgender, or questioning youth. The people who do the work will be experts.

People who work for the district will only do the jobs they are allowed to do. People who work for the district should not try to detect or treat mental illness unless they have been trained how. There will be

some people specially trained to help kids that are thinking about suicide.

#### D. Training for experts

The experts will have lessons on how to better help kids who are thinking of suicide. The district will do its best to help kids who are at higher risk of suicide. Kids who might be at higher risk are kids who know someone who died of suicide; kids with disabilities; kids with mental illness; kids who use drugs or alcohol; kids who are homeless or who are in foster care; and kids who are lesbian, gay, bisexual, transgender, or questioning youth.

#### E. Parents, Guardians, and Caregivers Sharing and Learning

The district will give families information on the different reasons why kids might think of suicide. The district will also give families ideas on ways to help kids. The signs of suicide will also be shared with families. The district will make sure families know how concerning the problem of suicide is. The district will also tell families about what the district is doing to help. The district will remind families to talk to people at the school if they think they know a kid who might be thinking of suicide. The district will share with them who else might be able to help.

#### F. Kids Sharing and Learning

- The schools will use Social Emotional Learning lessons to teach kids about their feelings and how to ask for help when they need it.
- The schools will use Positive Behavior Intervention Systems (PBIS) to create positive and welcoming schools and provide supports to all kids (including activities and other ways to make kids feel like a part of the school and know that teachers and others at school care for them and want them to do well.
- The school will teach kids how to deal with upsetting situations. This will also include lessons on how to stay calm and manage big feelings even when things go wrong. Finally, kids will be taught the warning signs of what to look for when others are thinking about.
- The schools will use a Multi-Tiered System of Support (MTSS) to find out which kids need more support and give it to those kids that need it.
- The schools encourage kids to tell teachers and other adults when they are thinking of suicide or when they think another kid might be thinking of suicide.
- The school will help kids when they tell someone they are thinking of suicide or try to die by suicide.

#### Intervention, Assessment, Referral

A wellness worker or administrator will be called if any adult thinks a kid might be thinking of suicide. They will help.

#### A. Parents, Guardians, and Caregivers

Information for families will be shared so they know what to do and where to go for help.

#### B. Kids

Kids should tell teachers and other adults when they are thinking of suicide or when they think another kid might be thinking of suicide

#### C. Parent Notification and Involvement

The school will check with families to make sure any kid who was thinking of suicide is continuing to get help.

If families do not get help, then the school will call to see if they can do anything to help. If the families still do not get help for their kid who is at risk for suicide, the Child Protective Services will be called.

#### Action Plan for In-School Suicide Attempts

If a suicide is tried at school here are things the adults will do:

- Stay with the kid;
- Remain calm;
- Move all other kids out of the area;
- Contact the principal or wellness worker;
- Call 911 and give them as much information as they you know;
- Do what you can to help the kid;
- Call the family;
- Listen and talk with the kid;
- Let them know there is help;
- Be ok if the kid doesn't want to talk;
- Be patient with the kid;
- Let the kid know you will not tell everyone. Just the people who can help will be told;
- If appropriate, let the kid go home with the parents or another person specially trained.

D. What will happen when a suicide attempt is made away from school If a suicide is tried away from school, here are things the adults will do:

- Call the family;
- Talk to the family about how the school can help;
- Get permission from the family to share information with the people at school who can help;
- Pick an adult to be the one who talks to the adults outside of school who are helping
- Work with the family to make a plan to help the kid with their problems;
- Work with family to bring the kid back to school when it is appropriate.

E. Supporting after a Mental Health Crisis

After the crisis has happened adults will:

- Treat suicide seriously and stay calm;
- Listen to the kid;
- Not argue with the s kid;
- Offer hope and let the kid know they are safe, and help is coming;
- Get the kid help;
- Keep talking to people who care for the kid.

F. Coming back to School After a Suicide Attempt

When a kid comes back after they say they are going to try suicide the adults will:

- Get permission from family to share information with the people at school who can help;
- Ask the kid and family if there is anything the school can do to make coming back to school easier;
- Let the teachers know if the kid will miss any days;
- Let the kid make up any schoolwork;
- Keep talking to the kid to make sure they are feeling better;
- Work with the family and kid to keep getting help.

G. Responding After a Suicide Death

If a kid or adult dies by suicide, the adults at the school will:

- Make sure it is true and not a rumor before responding;
- Call the family;
- Have a meeting of the adults chosen to respond;
- Talk to all the people who work at the school;
- Talk to the kids
- who knew the kid or adult.
- Share things that will help kids feel better.
- Make sure others get help if they are thinking of doing the same thing.

The governing board who serves kids in kindergarten and grades 1 to 12, will review, and update as necessary, this policy at least every five years. (Education Code 215(a)(6)(b-c))

The Superintendent or designee will post this policy on the district's web site, in a location that is easy for parents/guardians and kids to find. (Education Code 234.6)

Resources:

Teaching people to help kids thinking of suicide

<https://www.livingworks.net/asist/>

- Classroom lessons for K-8 kids

<https://www.secondstep.org/elementary-school-curriculum>

Exhibit FRESNO UNIFIED SCHOOL DISTRICT  
Adopted: April 24, 2024 Fresno, California

*Policy section: 5000*