

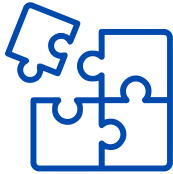
Carbondale Area School District - Board Policy #819

Suicide Awareness, Prevention, & Response



The District Suicide Awareness, Prevention, and Response policy is focused on protecting the health, safety and welfare of our students and the school community.

<https://go.boarddocs.com/pa/carb/Board.nsf/goto?open&id=C2ZQYA68FDF7raph text>



KNOW THE RISK FACTORS

- Mental disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health and substance abuse treatment
- Exposure to others who have died by suicide (in real life or via the media and Internet)

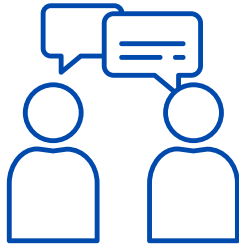


KNOW THE WARNING SIGNS

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Giving away belongings
- Showing rage or talking about seeking revenge
- Extreme mood swings



There is help, there is hope.



If you're concerned that someone is thinking about suicide, USE THE 5 ACTION STEPS

These evidence-based action steps provide a blueprint for reaching and helping someone in crisis.

- 1) Ask.
- 2) Be there.
- 3) Help keep them safe.
- 4) Help them connect.
- 5) Follow up.

START THE CONVERSATION:

"I've noticed that you've been feeling sad lately..."
"Sometimes when people feel hopeless, they think about suicide, are you thinking about ending your life?"
"I know you feel like you don't have any options. Have you always felt that suicide was the only option?"
"I am here to help and support you."

ASK:

"Do you have any weapons, alcohol or drugs in the house?"
Remove the items or the person from the location. It's okay to call 911 for help.
"Have you talked to a counselor? I know it feels awkward, but we can talk to someone together."

WHAT NOT TO SAY:

"You're not thinking about suicide, right?"
"You're not going to do something stupid, are you?"
This is too easy to answer with a "no." Try to start a conversation.
"Fine! Be selfish! See if I care!"
This is a dangerous thing to say.
"Don't worry, your secret is safe with me."
Never promise to keep a secret. Reassure them that you will help them get help.

Community Resources

Talk to

Parents, Friends, Counselors, Coaches, Clergy

National Suicide & Crisis Lifeline

Text/Call - 988

Lackawanna County Crisis Services

Scranton Counseling Center, Walk-in Center

Emergency Room

Lehigh Valley Hospital, Dickson City
Regional Hospital of Scranton
Geisinger Community Medical Center



CASD Resources

District Suicide Prevention Coordinator

Kiley Rogan, LPC
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CAHS Suicide Prevention Coordinator

Keri Warhola, School Counselor
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CAES Suicide Prevention Coordinator

Ann Vadella, School Counselor
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