



Maine Youth Suicide Prevention

Education, Resources and Support—It's Up to All of Us.

## Maine's Approach to School Based Suicide Prevention



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- What is a Universal Approach?
- What is a Selective Approach?
- What is an Indicated Approach?
  
- A combination is desirable
  - **Goal – to identify youth at risk and link them to the resources they need**



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## **MYSPP history of working with schools to prevent suicide**

- Regional training programs
  - Gatekeeper, TOT, Protocol, Lifelines
- Piecemeal approaches
- School role in suicide prevention
  - **Crucial, but limited**
- What administrators fear most



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A combined approach allows you to focus on everyone exhibiting

- **Warning Signs:** the earliest observable signs that indicate the risk of suicide for an individual in the near-term (within minutes, hours or days)

as well as

- Populations with certain risk factors



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## Who are high risk youth?

- Most Common Adolescent Risk Factors Include:
  - Current or previous suicidal behavior
  - Depression / anxiety / mood disorder
  - Alcohol/drug use
  - Conduct problems
  - Loss
- **Risk Factors:** long standing conditions, stressful events or situations that may increase the likelihood of a suicide attempt or death. Statistically significant, they suggest longer term risk (i.e. a year to a lifetime)



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- Maine Lifelines Program
- A comprehensive approach employing multiple components
- Establishes universal level structure
- Combines selective level supports for at risk students
- Enhanced through GLS to incorporate some indicated level supports



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- Selective approaches used to contribute to comprehensive school-based efforts
  - Reconnecting Youth (selective, indicated)
  - CAST (selective, indicated)
  - Student Assistance Teams (SAT)
  - Keeping Maine's Children Connected (KMCC)
  - Referral Networks



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- Needed for successful implementation of selective school-based approaches
  - Administrative support
  - Clear communication
  - Knowledgeable staff
  - Fit with staff role, fit with school calendar
  - Population base to support
    - Cost
    - Training time/staff time
  - Adequate time and physical space
  - Referral resources (internal and external)



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- How selective interventions fit with other strategies
  - Combination of universal, selective and indicated most effective
  - Universal facilitates case finding
  - Selective supports youth at risk
  - Indicated provides needed services



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## Maine Youth Suicide Prevention Program

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[www.mainesuicideprevention.org](http://www.mainesuicideprevention.org)



John E. Boldacci, Governor

Brenda M. Harvey, Commissioner