Maine’s Approach to School Based Suicide Prevention

- 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
MYSP 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

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
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)

- 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
• 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

• 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)
• 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

Maine Youth Suicide Prevention Program
Education, Resources and Support
It’s Up to All of Us

www.mainesuicideprevention.org