

The Basics of School-based Suicide Awareness and Prevention including Maine's New Training Law

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DISCLOSURE

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SESSION DESCRIPTION & OUTCOMES

- Provide an overview of the new Suicide Awareness and Prevention Training
- Give a brief history of how the law came to be as well as a rationale and
- Describe the collective efforts of many to prepare schools across the state

SESSION DESCRIPTION & OUTCOMES

- Understand the parameters of the new suicide awareness and prevention training law for all school personnel
- Gain awareness of how to bring schools into compliance with the new law
- Understand the components of a comprehensive school-based suicide prevention program and the available resources

THE NEW LAW

LD 609: An Act to Increase Suicide Prevention in Maine Public Schools

- Maine joins 11 other states with legislation that requires public school personnel to have suicide prevention education
- Several other states are in the planning stage

H.P. 428 - L.D. 609

**An Act To Increase Suicide
Awareness and Prevention
in Maine Public Schools**

THE NEW LAW

Sec. 1. 20-A MRSA §4502, sub-§5-B is enacted to read:

5.B. Suicide awareness education and training.

Each school administrative unit shall develop a plan for suicide prevention awareness education for all school personnel

and

suicide prevention and intervention training for certain personnel in accordance with this subsection.

THE NEW LAW

A. Beginning in the 2014-2015 school year for high schools and in the 2015-2016 school year for elementary and middle schools, a one-hour to 2-hour in-service training module in suicide prevention awareness must be completed by all school personnel. School personnel shall complete the training module by the commencement of the school year or, for those employees who are newly hired, within 6 months from the beginning of employment. Suicide prevention awareness education must be repeated every 5 years.

THE NEW LAW

B. Beginning in the 2014-2015 school year, a one-day course in suicide prevention and intervention training that will result in at least 2 school personnel trained in suicide prevention and intervention must be implemented by each school administrative unit and by each island, charter and public school that is not in a school administrative unit. Additional trained school personnel above the minimum of 2 must receive the training if the number of students in the school administrative unit is above 1,000 as follows:

THE NEW LAW

- (1) For 1,001 to 1,500 students, one additional school employee;
- (2) For 1,501 to 2,000 students, 2 additional school personnel;
- (3) For 2,001 to 2,500 students, 3 additional school personnel;
- (4) For 2,501 to 3,000 students, 4 additional school personnel;
- (5) For 3,001 to 3,500 students, 5 additional school personnel;
- (6) For 3,501 to 4,000 students, 6 additional school personnel;
- (7) For 4,001 to 4,500 students, 7 additional school personnel;
- (8) For 4,501 to 5,000 students, 8 additional school personnel;
- (9) For 5,001 to 5,500 students, 9 additional school personnel;
- (10) For 5,501 to 6,000 students, 10 additional school personnel;
- (11) For 6,001 to 6,500 students, 11 additional school personnel;
- (12) For 6,501 to 7,000 students, 12 additional school personnel;
- (13) For 7,001 to 7,500 students, 13 additional school personnel; and
- (14) For 7,501 or more students, 14 additional school personnel.

Suicide prevention and intervention training must be repeated every 5 years.

How LD 609 Became Law

- An idea that started with two champions
- Partner in the Maine Legislature,
Rep. Paul Gilbert
- A team approach of interested stakeholders
- Strong support of Gov. Paul LePage
- Bi-partisan support
- Powerful testimony

The Passage

- Unanimous out of Committee
- Unanimous passage in Both Houses
- Signed by Governor LePage the same day
- Ceremonial signing with 19 attendees

Challenges

- An Unfunded Mandate
- How to fund training
- Which state agency oversees implementation

Maine Suicide Prevention Program Partners

- NAMI Maine
- Maine Department of Health and Human Services, Center for Disease Control and Prevention
- Maine Department of Education

Implementation

- Rulemaking process
- Trainings
- Web-based Awareness and Prevention Training Tool

WHAT SCHOOLS NEED TO DO

The law refers to 2 types of trainings:

- a one-day course in suicide prevention and intervention training (Gatekeeper Training)
- 1 to 2 hour Awareness and Prevention Education training

GATEKEEPER TRAINING

- At least 2 school personnel must complete a one-day course in suicide prevention and intervention training, *Gatekeeper Training*
- For every 500 students beyond 1,000 in the SAU an additional trained school personnel is required (see chart in the law)
- The rules will recommend one per school

AWARENESS & PREVENTION EDUCATION TRAINING

- By the start of the **2014-2015** school year
 - All **high school personnel** must complete the one-hour to 2-hour in-service training module in suicide awareness and prevention education
- By the start of the **2015-2016** school year
 - All **elementary and middle school personnel** must complete the one-hour to 2-hour in-service training module in suicide awareness and prevention education

TRAINING OPTIONS

- Gatekeeper Training
 - MSPP Trainers via NAMI Maine (currently no or minimal cost to schools)
 - Other programs that conform to national guidelines adopted by organizations that offer best practices, research-based training may be accessed
- Awareness & Prevention Education Training
 - MSPP Trainers via NAMI Maine (currently no cost to schools)
 - Other programs that conform to national guidelines adopted by organizations that offer best practices, research-based training

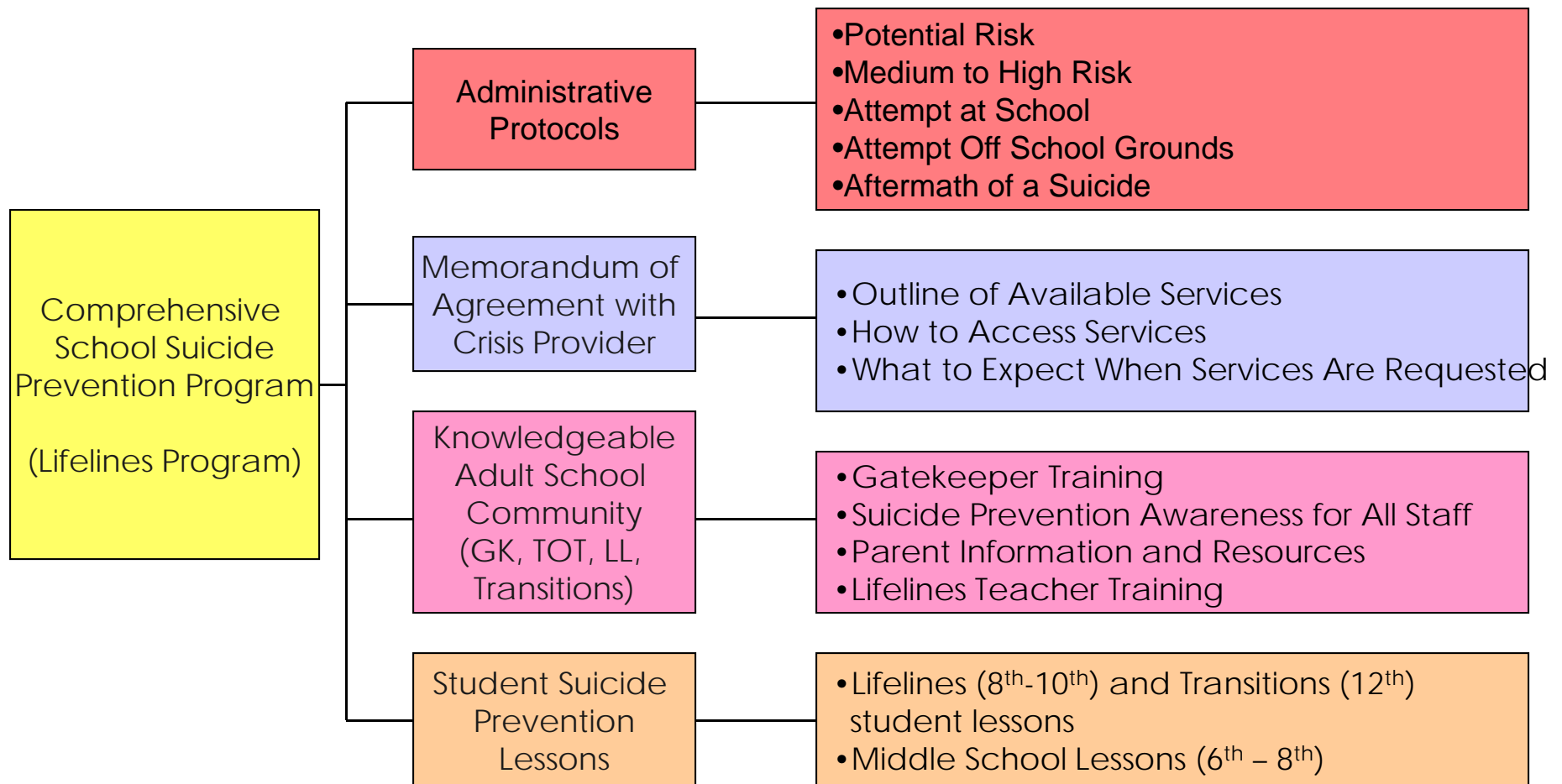
TRAINING OPTIONS

- Training of Trainers (1/2 day training)
 - MSPP Trainer via NAMI Maine (currently no cost to schools)
 - Requires Gatekeeper Training
 - Allows school to provide training in-house
 - Identified school personnel or
 - Local community resource
 - Training materials are provided
 - Cost effective

TRAINING OPTIONS

- Web-based Awareness and Prevention Training Tool
- Commercial products

MSPP Promotes The Following Components Of School Readiness To Prevent Suicide



Optional--enhance with the addition of Student Assistance Teams and use of a local referral network

MSPP Statewide Training offerings

- Suicide Prevention Gatekeeper Training
- Suicide Awareness Ed and Training of Trainers
- Protocol Development
- Lifelines, Student Transition Lessons and Middle School Teacher Training
- Suicide Assessment for Clinicians
- Training and TA for Primary Care practices

ADDITIONAL RESOURCES

Maine CDC Injury Prevention Program

www.maine.gov/suicide

National Alliance for Mental Illness Maine

www.namimaine.org

National Suicide Prevention Resource Ctr www.sprc.org

Substance Abuse and Mental Health Services

Administration <http://mentalhealth.samhsa.gov/>

Centers for Disease Control and Prevention www.cdc.gov


Centre for Suicide Prevention www.suicideinfo.ca



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the information
you learned today?