



Lifelines Update
January 11, 2021




The Why:

Youth spend the majority of their time in school

Prevention falls under the mandate to provide a safe learning environment for students

Increasing parent knowledge increases their comfort with the topic so they can effectively help their children



WHAT WE KNOW ABOUT YOUTH SUICIDE - 9-12th grades

(CDC, YOUTH RISK
BEHAVIOR SURVEY, 2019
data)

Oklahoma Statistics:

16th in the nation in Suicide Deaths

2nd leading cause of death in ages 15-24

Broken Arrow Statistics:

2017: 28 deaths by suicide

3rd in the state behind OKC and Tulsa

- **37%** felt so sad or hopeless every day for 2 weeks in a row that they stopped doing some usual activities
- **18.8%** seriously considered suicide
- **15.7%** made a suicide plan
- **8.9%** made one or more suicide attempts
- Leading cause of death among youth

The What: Lifelines Prevention Goals

- To develop the school-based expertise and supports needed for responding to the problem of adolescent suicidal behavior

HAZELDEN Lifelines®

PREVENTION

**Building Knowledge
and Skills to
Prevent Suicide**



Curriculum

- **2 or 4 lessons**
- **Detailed lesson plans correlated to National Curriculum Standards**
- **Reviews in-school & community resources**
- **Designed to be taught by school staff**
- **Will be completed in Advisory classes.**



Lifelines Prevention Components

01

Faculty & Staff
Training

02

Parent Workshop

03

Student
Curriculum

- Grades 6
- Grades 7 – 10
- Grades 11 - 12

The How: Training Staff and Parents

Staff Training

- Staff has been trained in recognizing risk factors and warning signs.
- Staff has been given procedures on reporting or handling concerns about students at risk.
- Staff has been given all materials to present the classroom lessons.

Parent Training

- Districtwide Zoom training session was held for interested parents.
- Focus was on recognizing risk factors and warning signs as well as building resiliency in their children.
- Talk Saves Lives Training through Copes/Family and Children's Services

Student Training

- 2-4 Sessions
- Focus 6th grade = understanding the seriousness of suicide, how to help friends, and asking for help takes courage.
- Focus 7th-10th grades = recognizing when your friend is in trouble, how to help, and where to go for help.
- Focus 11th-12th grades = Transitions after high school/looking toward the future and how to handle when reality doesn't measure up.

The How: Logistics

Middle School Implementation

- Staff training
- Students were given a pre-test
- Student lessons are taught using a variety of delivery methods specific to each middle school.
- 4 lessons for each grade level
- Students will be given a post test to measure growth of knowledge and comfort with the topic.

High School Implementation

- Staff training
- Students were given a pre-test
- Student lessons are taught through advisory.
- 2020-21 – all grades will have 4 lessons (4 weeks of sessions).
- Students will be given a post test to measure growth of knowledge and comfort with the topic.

Crisis/Safety Implementation

- Crisis Safety Planning
 - Re-entry plan
 - Safety plan
 - Free Screening
- Additional Parent Education Nights
 - February
 - May