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MEMORANDUM

TO: Members, Utah State Board of Education

FROM: Joel Coleman
Chief Executive Officer

DATE: November 7, 2014

INFORMATION: Legislative Report - Suicide Prevention and Programs for Youth Protection

Background: H.B. 154 *Suicide Prevention Programs* (2013) and H.B. 23 *Suicide Prevention Revisions* (2014) require an annual report from the UOSE to the Education Interim Committee regarding the progress of school district and charter school suicide prevention programs and the Board's coordination efforts with the Department of Health and state suicide prevention coordinator.

H.B. 329 *Front-line Teachers Data Program* (2014) requires an annual report from the USOE to the Education Interim Committee regarding the progress and implementation of parent seminars on youth protection in the LEAs.

Key Points: Through coordinated collaboration efforts between the USOE and the Department of Health and Human Services and the state suicide prevention coordinator, a report has been prepared that encompasses both areas. The two areas are inextricably intertwined; therefore, one comprehensive report has been prepared.

Anticipated Action: The Board will receive the 2014 updated legislative report on Suicide Prevention Programs and Programs for Youth Protection.

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Suicide Prevention and Programs for Youth Protection

Report of FY 2014



Prepared by the
Utah State Office of Education
Career, Technical, and Adult Education

November 19, 2014

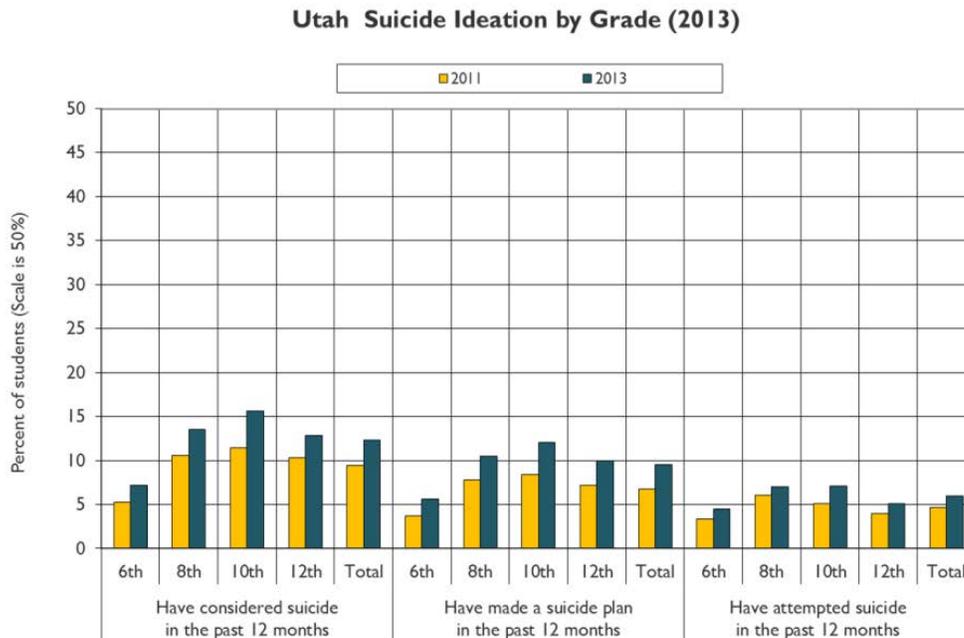
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Suicide Prevention and Programs for Youth Protection Report

Suicide is a major public health problem in Utah and a leading cause of preventable death. From 2009 to 2013, Utah's age-adjusted suicide rate was 19.4 per 100,000 persons. This is an average of 503 suicides per year. Utah has one of the highest age-adjusted suicide rates in the U.S. It was the second-leading cause of death for Utahans ages 10 to 39 years old in 2013. More people attempt suicide than are fatally injured. The most recent data (2012) show that 2,743 Utahans were seen in emergency departments and 1,605 Utahans were hospitalized for self-inflicted injuries. One in fifteen Utah adults have had serious thoughts of suicide. According to the 2013 Youth Risk Behavior Survey, during the 12 months before the survey, 12.3 % of youth grades 9-12 report seriously considering suicide, 7.3% of Utah youth grades 9-12 students attempted suicide one or more times, and 2.1% of these students suffered an injury, poisoning, or an overdose that had to be treated by a doctor or nurse. In 2013, suicide was the number one leading cause of death for Utah youth ages 10-17.



HB 154 (2013) requires the Utah Division of Substance Abuse and Mental Health (DSAMH) to designate a state suicide prevention coordinator to organize suicide prevention programs and efforts statewide. The following is a brief summary of related activities.

The Utah Division of Substance Abuse and Mental Health was created as Utah's substance abuse and mental health authority by Utah statute [§62A-15-103](#). DSAMH is charged with ensuring a comprehensive continuum of mental health and substance use disorder services are available throughout the state. DSAMH contracts with local county governments who are statutorily

designated as local substance abuse authorities (LSAAs) and local mental health authorities (LMHAs) to provide prevention, treatment, and recovery services. DSAMH provides policy direction, monitoring, and oversight to local authorities and their contracted service providers. As a state we have identified five focused state strategies, one of which is reducing the rate of suicide in Utah. We are committed to becoming a Zero Suicide system of care. The following division directive indicates the commitment of zero suicide within the public mental health and substance use treatment and prevention system as overseen by the state suicide prevention coordinator:

During FY 2015, local mental health authorities statewide will conduct a suicide prevention behavioral healthcare assessment including a comprehensive evaluation of related policies and practices related to suicide prevention, intervention, and postvention. Conduct an assessment of staff knowledge, skills, and training related to suicide prevention, intervention, and postvention. A model tool will be provided by DSAMH or another assessment tool selected by the Local Authority may be used. Complete the above and submit a written report to DSAMH by June 30, 2015.

During FY 2016, based on assessment results, local authorities will develop a policy and implementation plan to establish, implement and monitor comprehensive suicide prevention plan. A copy of the policy and implementation time line will be submitted to the DSAMH by March 1, 2016.

The Utah Suicide Prevention Coalition is a partnership of community members, suicide survivors, service providers, researchers, and others dedicated to saving lives and advancing suicide prevention efforts in Utah. This group has met monthly over the past two years and has accomplished a great deal including the revision and ongoing implementation of the Utah Suicide Prevention Plan.

Key Coalition Outcomes:

- Utah Suicide Prevention Plan - revision and implementation - monthly reviews ensuring compliance and progression towards full implementation (http://utahsuicideprevention.org/images/pdf/Suicide_State_Plan_goals_obj_2.pdf)
- Regular monthly meetings since 2012
- Launched coalition website - www.utahsuicideprevention.org
- Governor Herbert Declaration of Suicide Prevention Day in Utah, May 22, 2014
- Suicide Prevention Town Hall Tool Kit
- Workforce Survey on Suicide Prevention Preparedness
- Multiple and ongoing suicide prevention, intervention, and postvention training
- Adoption of universal screening tool for assessing suicide risk
- Legislative passing of the Utah firearms safety bill
- Establishment of the Suicide Fatality Review Board
- Implemented the Workforce Needs Assessment Survey - the results of the survey helped drive strategic planning and a public health approach to meeting workforce needs

- Assisted Intermountain Health Care to identify and implement the Columbia Suicide Severity Rating Scale (C-SSRS) into their system of care as a public/private partnership

DSAMH launched the Utah Prevention by Design Project which partners with local community partners and coalitions for suicide prevention and mental health promotion efforts. Key Prevention by Design outcomes include:

- Suicide prevention partnerships with 13 local coalitions throughout the state
- 89 Individuals trained as Question, Persuade, Refer (QPR) Gatekeeper Training Instructors
- 5,250+ community members trained as QPR Gatekeepers
- 450+ community members trained in Mental Health First Aid
- 36 individuals trained as trainers for Connect Postvention
- 125+ community members trained in Connect Postvention
- 12 + Town Hall Meetings on Suicide Prevention
- Community Awareness campaigns as local level with social media, bill boards, and local media advertising
- Strengthening Families
- Guiding Good Choices
- Several school based suicide prevention initiatives began in 2013 including:
 - Hope Squads
 - Positive Action Program
 - Personal Empowerment Program

The following additional key partner collaborations have occurred through the state suicide prevention coordinator:

- Utah Suicide Prevention Coalition
 - Executive Committee
 - Includes representation from the Division of Substance Abuse and Mental Health (DSAMH), Department of Health (DOH), Utah State Office of Education (USOE), Division of Child and Family Services, Juvenile Justice Services, Department of Public Safety, University of Utah Healthcare, Intermountain Healthcare, National Alliance on Mental Illness-Utah, Wasatch Mental Health, Hope4Utah, Utah Navajo Health Services, and ESI Management Group.
- Suicide Prevention Coordinators Meeting
 - DSAMH, DOH, USOE, Utah Army National Guard, Utah Air National Guard, Veterans Administration, Hill Air Force Base, University of Utah Healthcare, and Intermountain Healthcare
- Key Leader Meetings: DSAMH and key partners have held two key leader meetings where leaders from all relevant sectors have come together to strategize and share information for statewide suicide prevention.

During the 2014 legislative session, H.B. 23, *Suicide Prevention Revisions* was passed which amends certain student survey and evaluation provisions related to public school suicide

prevention. Specifically, “a public school suicide prevention program may allow school personnel to ask student questions related to youth suicide prevention, intervention, or postvention.” Additionally, the bill:

- Requires that, in collaboration with the USOE suicide prevention specialist, school districts and charter schools shall implement a youth suicide prevention program in the secondary grades which shall include the following components:
 - Prevention of youth suicides;
 - Youth suicide intervention; and
 - Postvention for family, students, and faculty.
- Requires that the State Office of Education suicide prevention specialist in collaboration with the Department of Health and the state suicide prevention coordinator develop model programs to provide to school districts and charter schools:
 - Program training; and
 - Resources;
 - Coordinate prevention and postvention programs, services, and efforts with the state suicide prevention coordinator.
- Requires that the Board shall report to the Legislature’s Education Interim Committee, by the November 2014 meeting, jointly with the state suicide prevention coordinator; on:
 - The progress of school district and charter school programs; and
 - The Board’s coordination efforts with the Department of Health and the state suicide prevention coordinator.

Leadership and Administration:

- July 2013 - The DSAMH hired a 1.0 FTE Suicide Prevention Coordinator
- July 2013—The USOE hired a 0.5 FTE Suicide Prevention Specialist, per H.B. 154.
- The USOE Suicide Prevention Specialist is a member of the DSAMH Suicide Prevention Coalition Executive Committee, DSAMH Suicide Prevention Coalition, Child Fatality Review Committee, Utah School Counselors Association, and participates on the Prevention Dimensions steering committee, Utah Prevention Advisory Committee, and has certification with the American Association of Suicidology as a school suicide prevention specialist.
- The USOE Suicide Prevention Specialist has facilitated:
 - December 13, 2013: Parent Seminar Training. The USOE Suicide Prevention Specialist trained 46 LEA Prevention specialists on how to educate parents for substance abuse, cyber-bullying, internet safety, and mental health (suicide prevention). The USOE invited DSAMH to present statistics at the parent seminar training. Resource materials and sample presentations were provided at the training.

- February 28, 2014: Statewide Suicide Prevention Conference, Salt Lake Community College, Redwood Campus. Two hundred and forty-five Utah Counselors participated in the conference. Leading suicide prevention expert Dr. Mary Margaret Kerr shared lessons learned through three decades of school-based suicide prevention and postvention. Heidi Alder, J.D., attorney in the Law and Legislation Division, discussed how to respond to students at risk for suicide in compliance with the law.
- June 2014: Attended evidence-based CONNECT Postvention Trainer of Trainers Workshop.
- Certifying with the American Association of Suicidology in the School Suicide Prevention Accreditation Program.
- September/October 2014 Trained in PREPaRE Curriculum (School Safety and Crisis Team Training) - an evidence-based curriculum.
- September 29 - October 1, 2014: Twenty-two statewide prevention specialists, student services directors, and counselors were trained in the NASP evidence-based model, PREPaRE School Safety and Crisis training; A Trainer of Trainers training is scheduled for January 6 and 7, 2015 as part of the statewide crisis response program.
- October 2014 Trained in ASIST (Applied Suicide Intervention Skills Training), an evidence-based program.

School-Based Suicide Prevention, Intervention, and Postvention:

In order to meet the funding allocation in H.B. 329 and to meet the requirements of H.B. 154, the USOE released grant applications in the average allocation of \$500 per LEAs with secondary schools for the development of Programs for Youth Protection/Secondary Suicide Prevention throughout the state of Utah. Consistent with Utah State Board of Education Rule R277-620-3-2, funds are to be used specifically to:

1. Strengthen current prevention, intervention or postvention programs, or
2. Purchase prevention, intervention, or postvention curriculum to enhance what is presently being used, or
3. Purchase prevention, intervention, or postvention curriculum to start a suicide prevention program.

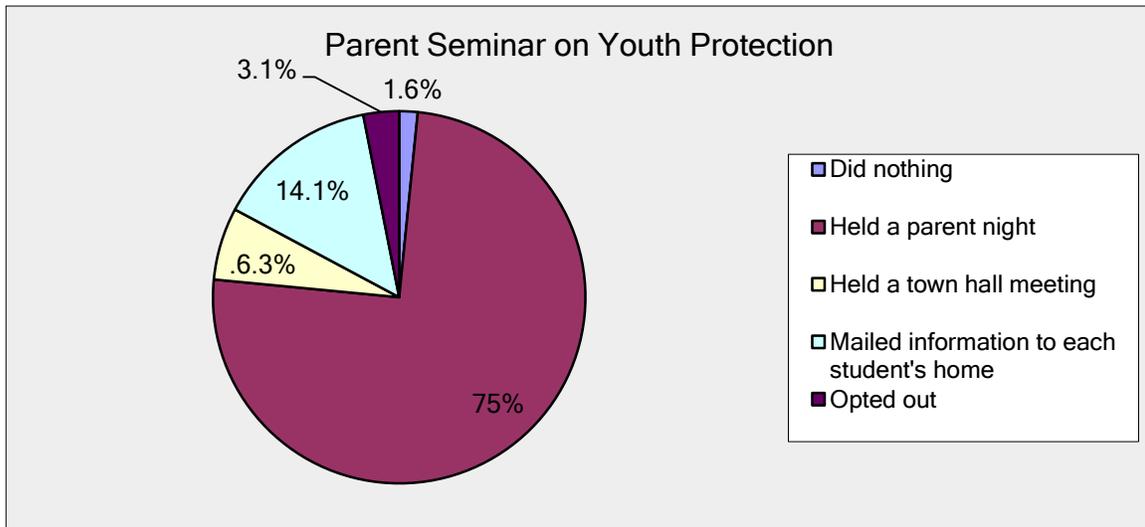
In the first round of funding, \$117,500 of the \$159,000 appropriated in H.B. 329 was awarded to 22 school districts and 24 charter schools. The second round of funding will encumber the remaining \$41,500 of the \$159,000 appropriation.

In spring 2014, prior to the release of grant applications for suicide prevention programming opportunities, 386 principals from secondary schools (include three schools for the deaf and blind community) self-reported current suicide prevention programs and efforts in their schools.

- 55% (213) of the schools self-reported no suicide prevention efforts or programs in their school
- 24% (91) of the schools self-reported a suicide prevention program with the three components of prevention, intervention, and post-intervention
- 20% (78) of the schools self-reported a suicide prevention program created by the LEA

Programs for Youth Protection:

In March, 2014, the Utah State Office of Education distributed a Comprehensive Prevention Plan survey to prevention specialists in all secondary schools to determine the progress of implementation of the required parent seminar. Twenty-four school districts and thirty-five charter schools responded to the survey.



2013 - 2014 State Office of Education Comprehensive Prevention Plan Survey

During the 2013 legislative session H.B. 298 entitled "Parent Seminar on Youth Protection" was passed requiring LEAs to implement a parent seminar on issues such as bullying, internet safety, mental health / suicide and substance abuse. The following were the responses to this requirement.

Answer Options	Response Count	Response Percent
Did nothing	1	1.60%
Held a parent night	48	75.00%
Held a town hall meeting	4	6.30%
Mailed information to each student's home	9	14.10%
Opted out	2	3.10%
Other (please specify)	22	
Answered Questions		64.00%
Skipped Questions		48.00%

The USOE developed curricula for the parent seminar during FY2013 that included information on:

- Substance abuse, including illegal drugs and prescription drugs and prevention;
- Bullying
- Mental health, depression, suicide awareness; and
- Internet safety, including pornography addiction

The USOE also has developed a website, Prevention for Safe and Health Utah (<http://www.schools.utah.gov/prevention/>), to provide resources for LEAs and community members. The website is updated regularly.

During the 2014 legislative session, H.B. 329, Section 2. Section 53A-15-1302 was amended to require a school district to annually offer one parent seminar for each 11,000 students. School districts are required to notify each charter school located in the school district's attendance boundaries of the date and time of a parent seminar(s), so the charter school(s) may inform parents of the seminar.

During FY 2015 the USOE will conduct a comprehensive evaluation of the parent seminars held state-wide; specifically:

- the progress of implementation of the parent seminar(s);
- the estimated attendance reported by each school district;
- a recommendation of whether to continue the parent seminar program; and
- if a local school board has opted out of providing the parent seminar, and the reasons why a local school board opted out.

In summary, suicide is a major public health problem that takes a comprehensive approach. The Utah Division of Substance Abuse and Mental Health, the Utah State Office of Education, and other dedicated public and private partners are dedicated to sustaining and growing suicide prevention efforts and reducing Utah's rate of suicide.