S.O.S. Signs of Suicide Prevention Program
Training for Trusted Adults
## Missouri Safe Schools Survey Data

### WEST PLATTE

- **Considered suicide in the last 12 months**
  - 2016: 10.7% (25)
  - 2014: 6.4% (17)
  - 2012: 12% (20)
  - 2010: 19.5% (23)

- **Planned suicide in the last 12 months**
  - 2016: 6.4% (15)
  - 2014: 5.2% (14)
  - 2012: 12% (20)
  - 2010: 13.8% (16)

- **Attempted suicide in the last 12 months**
  - 2016: 2.1% (5)
  - 2014: 2.2% (6)
  - 2012: 6% (10)
  - 2010: 7.6% (9)

### MISSOURI

- **Considered suicide in the last 12 months**
  - 2016: 13.9%
  - 2014: 11.9%
  - 2012: 11.7%
  - 2010: 11.7%

- **Planned suicide in the last 12 months**
  - 2016: 9.9%
  - 2014: 8.8%
  - 2012: 8.7%
  - 2010: 8.5%

- **Attempted suicide in the last 12 months**
  - 2016: 6.4%
  - 2014: 5.3%
  - 2012: 5.4%
  - 2010: 5.7%
S.O.S. Signs of Suicide Program
Rationale and Goals

- Evidence-based Program
- Addresses suicide risk and depression while reducing suicide attempts
- Encourage help-seeking for friends or themselves
- Reduce stigma of mental health
- Engage school staff and parents as partners in prevention

Simple acronym: **ACT:** Acknowledge that your friend has a problem, express that you Care, Tell a trusted adult
S.O.S. Signs of Suicide Prevention Program

- Training Trusted Adults Video
Suicide Risk Factors

- Previous suicide attempt
- History of mental disorders
- History of alcohol/substance abuse
- Family history of suicide or child abuse
- Feelings of hopelessness
- Impulsive or aggressive tendencies
- Barriers to accessing mental health treatment
- Loss or interpersonal conflict
- Physical illness
- Easy access to lethal means
- Unwillingness to seek help
- Local epidemics of suicide
- Isolation
- Incarceration or pending disciplinary incident
- Exposure to suicidal behavior of others
- History of physical and/or sexual abuse
- Possession of certain cultural and religious beliefs about suicide
Warning Signs of Suicide that Demand Immediate Action

- Talking or writing about suicide or death
- Giving direct verbal cues (“I wish I were dead” “I’m going to end it all”)
- Giving less direct verbal cues (“You will be better off without me” “What’s the point of living?” “Soon you won’t have to worry about me” “Who cares if I’m dead?”)
- Isolation from friends and family
- Expressing the belief that life is meaningless
- Giving away prized possessions
- Exhibiting a sudden and unexplained improvement in mood after being depressed or withdrawn
- Neglecting appearance and hygiene
- Dropping out of school or social, athletic, and/or community activities
- Obtaining a weapon or other means of hurting him or herself
Protective Factors

- **Family Patterns**
  - Good relationships with family members
  - Support from family

- **Cognitive Style and Personality**
  - Good social skills; confidence in oneself and one’s own situation and achievements
  - Seeking help when difficulties arise, e.g. in school work
  - Seeking advice when important choices must be made
  - Openness to other people’s experiences and solutions
  - Openness to new knowledge

- **Cultural and Sociodemographic Factors**
  - Social integration
  - Good relationships with schoolmates
  - Good relationships with teachers and other adults
  - Support from relevant people
Myths About Depression and Suicide

- MYTH: It’s normal for teenagers to be moody; teens don’t suffer from “real” depression.
- MYTH: Teens who claim to be depressed are weak and just need to pull themselves together. There’s nothing anyone else can do to help.
- MYTH: People who talk about suicide won’t really do it.
- MYTH: If a person is determined to kill themselves, nothing is going to stop them.
- MYTH: People who commit suicide are people who were unwilling to seek help.
- MYTH: Talking about suicide may give someone the idea.
SOS Signs of Suicide®

- High School Program: $395
  - Student Newsletter
  - BSAD Student Screening
  - Implementation Guide w/DVD’s (student & adults)
  - “Hopeful” Posters
  - Wallet Cards
  - Student Response Cards
  - Will to Live Packet

- Middle School Program: $395
  - ACT Stickers
  - Student/Parent Newsletters
  - BSAD Student Screening
  - Implementation Guide w/DVD’s (student & adults)
  - “Hopeful” Posters
  - Wallet Cards
  - Student Response Cards
  - Will to Live Packet
How Can I Get SOS in My School?

- Missouri 5-County Grant:
  - **Platte-Clay-Ray**: Tri-County Mental Health
    - Vicky Ward, Manager of Prevention Services
    - (816) 877-0411
  - **Jackson-Cass**: ReDiscover
    - MSWs who provide QPR (maybe SOS later) in the schools
    - Main focus is assessment and working with hospitals

- Purchase it as a school or district
  - [www.MentalHealthScreening.org](http://www.MentalHealthScreening.org)