

Suicide Awareness and Prevention

Proposed Providers and Trainings, per SDCL 13-42-71
Spring 2022

1. More Than Sad – Suicide Prevention for Teachers and Other School Personnel

By: American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/more-than-sad>

- *Quick Description:* The More Than Sad family of programs has taught over a million students, parents, and educators how to be smart about mental health. Educators and other school personnel will learn how to recognize mental health conditions, the warning signs of suicide, and the steps they can take get help for at-risk students.
- *Format:* In-Person or Online Group Training
- *Duration:* 2 hours, but can condense to 1 hour due to availability
- *Evidence Base:*
 - Reported positively in peer reviewed journals
 - Data is provided to indicate that the training's impact is effective in producing a measurable difference from before-training to post-training
- *Includes Information on Youth Suicide Risk Indicators:* Provides detailed information on multiple risk factors for youth
- *Includes Appropriate Educator Responses and Referral Sources:* Provides detailed examples of appropriate educator responses as well as a robust list of referral sources
- *Cost:* None, thanks to Out of the Darkness Walks by AFSP

2. Talk Saves Lives: An Introduction to Suicide Prevention

By: American Foundation for Suicide Prevention (AFSP)

<https://afsp.org/talk-saves-lives>

- *Quick Description:* Talk Saves Lives is AFSP's standardized, 60-minute education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities to save lives. Participants will learn common risk factors and warning signs associated with suicide and how to keep themselves and others safe. The standard Talk Saves Lives presentation is also available in Spanish.
Topics covered include:
 - *Scope of the Problem:* The latest data on suicide in the U.S. and worldwide
 - *Research:* Information from research on what causes people to consider suicide, as well as health, historical, and environmental factors that put individuals at risk
 - *Prevention:* An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
 - *What You Can Do:* Guidance on warning signs and behaviors to look for, and how to get help for someone in a suicidal crisis
- *Format:* In-Person or Online Group Training
- *Duration:* 1 hour

- *Evidence Base:* Uses evidence-informed practices based on research available on suicide prevention
- *Includes Information on Youth Suicide Risk Indicators:* Provides detailed information on multiple risk factors for youth
- *Includes Appropriate Educator Responses and Referral Sources:* Provides detailed examples of appropriate educator responses as well as a robust list of referral sources
- *Cost:* None, thanks to Out of the Darkness Walks by AFSP

3. Child & Adult Advocacy Studies (CAAST) Training Series

By: USD Center for the Prevention of Child Maltreatment (CPCM)

<https://www.sdcpcm.com/child-adult-advocacy-studies-program/>

- *Quick Description:* The Child & Adult Advocacy Studies (CAAST) Training Series provides professionals with tools to successfully advocate for children and adults in need, while learning how to work in interprofessional teams to provide wraparound services and overcome problems associated with rurality, funding, and lack of services. The CAASt programming will create advocates who can use critical thinking skills to help align services and recovery to people in need.
Training attendees will better understand suicide prevention strategies for students in South Dakota, will learn the process and importance of mandatory reporting, and will gain knowledge in trauma-informed, multidisciplinary approaches. It is essential for people working within the education system to identify trauma and adversity in students, respond in a manner that allows the student to begin the healing process while continuing to function within a classroom or school setting, and promote access to services through utilization of a multidisciplinary team.
- *Format:*
 - In-Person or Online Group Training
 - There will be a Self-Paced Option Offered in the Future
- *Duration:* The full training is 5 hours in length, with 1 hour of suicide prevention content included. The full 5 hours of training does support the overall health and well-being of individuals to support suicide awareness and prevention.
- *Evidence Base:*
 - Uses evidence-informed practices based on research available on suicide prevention
- *Includes Information on Youth Suicide Risk Indicators:* Provides detailed information on multiple risk factors for youth
- *Includes Appropriate Educator Responses and Referral Sources:* Provides two or more appropriate educator responses and referral sources
- *Cost:* None