



Suicide Prevention Education Materials



Wyoming Department of Education

122 W. 25th St., Ste. E200 | Cheyenne, WY 82002
P: 307-777-7675 | F: 307-777-6234 | edu.wyoming.gov

Table of Contents

Background Information	1
Approved Programs for Adults in an Educational Setting	1
Connect Suicide Prevention Training.....	1
Jason Foundation Training Modules.....	2
LivingWorks Start.....	2
LivingWorks Suicide Alertness for Everyone (SafeTALK).....	3
LivingWorks Applied Suicide Intervention Skills (ASIST).....	3
Making Educators Partners in Youth Suicide Prevention: ACT on FACTS.....	4
Question, Persuade, Refer (QPR).....	4
Youth Mental Health First Aid.....	5
Approved Programs for Students	6
Hope Squads.....	6
Jason Foundation Training Modules.....	7
LivingWorks Start.....	7
Living Works Suicide Alertness for Everyone (SafeTalk).....	8
Question, Persuade, Refer (QPR).....	8
SOS Signs of Suicide.....	9
Sources of Strength.....	9
Support Resources	10
2021 Program Review Team	12

Background Information

In 2014, the Wyoming legislature passed the Jason Flatt Act. Wyoming Statute 21-3-110(a)(xxxiii) requires that at a minimum, staff members participate in eight hours of training every four years with two hours provided during a staff member’s initial year (if prior training is absent). Schools may supplement this training with a variety of other activities and programs that are not included in the list below.

W.S. 21- 2-202 (a)(xxxv) requires the State Superintendent of Public Instruction to review and make suitable suicide prevention education materials available to school districts. Suitable suicide prevention education materials are educational programs that have been validated by the suicide prevention review team and are recommended by the State Superintendent of Public Instruction.

Districts will internally track staff participation in suicide prevention training and ensure general compliance with the aforementioned suicide prevention statutes, including making training materials available to interested community members.

For questions, please contact Jo Ann Numoto, Education Program Consultant, at 307-777-7222 or jo-ann.numoto@wyo.gov.

Approved Programs for Adults in an Educational Setting

Connect Suicide Prevention Training

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize the warning signs of mental illness, substance abuse, and other risk factors that lead to suicide ▪ Intervene and connect a person at risk for suicide to resources ▪ Understand the topics related to suicide and suicide prevention, including attitudes toward suicide and the effects of stigma, national suicide data, individual and community risk and protective factors, reducing access to lethal means, safe messaging, and the influence of electronic media 	<ul style="list-style-type: none"> ▪ 2-4 hours: Self-paced over 15 days ▪ Available Online ▪ Options available for hybrid training that includes online and live training and consultation 	<p><u>Connect Online Suicide Prevention Training for School Personnel</u></p> <p><u>The Connect Program</u></p> <p><u>Connect Suicide Prevention/ Intervention Training</u></p>

Jason Foundation Training Modules

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Introduce the scope and magnitude of the problem of youth suicide ▪ Recognize the signs of concern, risk factors, young people who may be struggling ▪ How to approach students ▪ How to help an at-risk youth find resources for assistance 	<p>2 hour modules include:</p> <ul style="list-style-type: none"> ▪ Youth Suicide: "A Silent Epidemic" ▪ Mental Health Issues Surrounding Suicidal Ideation ▪ Prevention is the Key ▪ The History of Suicide Prevention <p>1 hour modules include:</p> <ul style="list-style-type: none"> ▪ Supporting LGBT Students in Schools: Suicide Prevention Among LGBT Youth ▪ Suicide Postvention: The Critical Role of Educators ▪ Childhood and Teen Depression for Educators ▪ Non-Suicidal Self-Injury ▪ Bullying and Suicide 	<p><u>Jason Foundation</u></p>

LivingWorks Start

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize when someone is thinking about suicide ▪ Connect people to help and support 	<ul style="list-style-type: none"> ▪ 90-minute online training ▪ Four-step model ▪ Practice simulations included 	<p><u>LivingWorks Start</u></p>

LivingWorks Suicide Alertness for Everyone (SafeTALK)

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize and respond to people who may be having suicidal thoughts ▪ Apply the TALK steps: Tell, Ask, Listen, and Keep Safe ▪ Know how to connect someone with suicidal thoughts to community resources for help 	<p>This half-day training includes presentations from a LivingWorks trainer, audiovisual aids, and skills practice.</p> <ul style="list-style-type: none"> ▪ The audiovisual aids can be selected from a library of scenarios to tailor the training to the specific audience. ▪ People who have taken this training often work with others who have taken the 2-day ASIST (Applied Suicide Intervention Skills Training). ▪ A training for trainers is also available. 	<p>LivingWorks SafeTALK SafeTALK</p>

LivingWorks Applied Suicide Intervention Skills (ASIST)

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Understand how attitudes affect views on suicide and prevention ▪ Provide assistance and suicide first aid to a person at risk ▪ Identify the elements of a suicide safety plan and the actions needed to implement it ▪ Value improving and integrating suicide prevention resources in the community ▪ Recognize other aspects of suicide prevention, including self-care 	<p>2-day, 15-hour workshop led by two LivingWorks registered trainers</p> <ul style="list-style-type: none"> ▪ Includes presentations, videos, group discussions, and skills practice and development ▪ Training-of-trainers available 	<p>LivingWorks ASIST</p>

Making Educators Partners in Youth Suicide Prevention: ACT on FACTS

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Define suicide prevention as a part of the school culture by contextualizing it as a component of a “competent school community” ▪ Describe the critical but limited role of educators in the prevention process ▪ Explain why specific categories of students may be at increased risk ▪ Discuss strategies for dealing with students who are at risk 	<p>This is a 2-hour online, interactive training. In-person versions of the training are also available.</p> <ul style="list-style-type: none"> ▪ The program highlights four groups of youth who may be at increased risk for suicide: youth involved in bullying, LGBTQ youth, gifted youth, and students being reintegrated back into school after a suicide attempt 	<p><u>ACT on FACTS</u> <u>Society for the Prevention of Teen Suicide</u></p>

Question, Persuade, Refer (QPR)

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize the warning signs of suicide ▪ How to talk with someone who may be at risk for suicide and persuade them to get help ▪ Refer at-risk individuals to appropriate resources for help 	<p>Virtual Option - First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.</p> <p>Blended Learning Option - After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.</p> <p>In-Person Option - First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.</p>	<p><u>QPR Institute</u> <u>QPR Gatekeeper Training</u></p>

Youth Mental Health First Aid

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Know common mental health challenges for youth ▪ Review typical adolescent development ▪ Implement a 5-step action plan for how to help young people in both crisis and non-crisis situations 	<p>Virtual Option - First Aiders will complete a 2-hour, self-paced online course, and then participate in a 4.5 to 5.5-hour, Instructor-led video conference.</p> <p>Blended Learning Option - After completing a 2-hour, self-paced online course, First Aiders will participate in a 4.5-hour, in-person, Instructor-led class.</p> <p>In-Person Option - First Aiders will receive their training as an 8-hour, Instructor-led, in-person course.</p>	<p>Mental Health First Aid</p> <p>Youth Mental Health First Aid</p>

Approved Programs for Students

Hope Squads

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Train staff and community members in youth suicide prevention through evidence-based training. ▪ Empower the natural helpers in your school through peer-to-peer suicide prevention training. ▪ Raise awareness of mental health and youth suicide prevention resources. ▪ Educate students on how to recognize suicide warning signs and respectfully report concerns. ▪ Train students how to support fellow students who may be struggling. ▪ Increase connectedness, inclusion, and social-emotional learning skills. ▪ Increase help-seeking behaviors. ▪ Reduce suicide attempts. 	<p>Audience: All students</p> <p>Adult leaders must be QPR trained prior to participating in Hope Squads training.</p> <ul style="list-style-type: none"> ▪ Nominations – Peers select Hope Squad members through a nomination process, selecting peers they would feel comfortable talking to if they were struggling. ▪ Student Training – Students meet at least once a month with advisors for training. ▪ Curriculum – Hope Squads are required to follow the developed curriculum manual, which contains monthly lesson plans (PHASEs) and activities. The curriculum focuses on training squad members in suicide prevention, resilience, and anti-bullying. ▪ Mental Health Partnerships – Hope Squad advisors are encouraged to partner with a local mental health agency. ▪ Staff Involvement – Hope Squad members identify teachers and staff members who they would feel comfortable seeking assistance from either for themselves or struggling peers. ▪ Student Referrals – Hope Squad members are trained to notice, reach out, and assist fellow students who may struggle with depression and/or other suicide concerns. 	<p>Hope Squad</p>

Jason Foundation Training Modules

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Help a friend (or themselves) who may be depressed and considering suicide by providing students with knowledge, skills, and strategies 	<p>Audience: Middle and high school students</p> <ul style="list-style-type: none"> ▪ Designed to be used within a school’s current Health and Wellness program in middle and high school settings. ▪ It is a 3-to-5-unit classroom presentation that teaches awareness and prevention in the 3rd person “How I can help a friend.” ▪ Includes an instructional DVD, facilitator’s guide, and marketing materials 	<p><u>The Jason Foundation</u></p>

LivingWorks Start

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Program teaches people to: ▪ Recognize when someone is thinking about suicide ▪ Connect people to help and support 	<p>Audience: Students 13 years old and older</p> <ul style="list-style-type: none"> ▪ 90-minute online training ▪ Four-step model ▪ Practice simulations included 	<p><u>LivingWorks Start</u></p>

Living Works Suicide Alertness for Everyone (SafeTalk)

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize and respond to people who may be having suicidal thoughts ▪ Apply the TALK steps: Tell, Ask, Listen, and Keep Safe ▪ Know how to connect someone with suicidal thoughts to community resources for help 	<p>Audience: High school students</p> <p>This half-day training includes presentations from a LivingWorks trainer, audiovisual aids, and skills practice.</p> <ul style="list-style-type: none"> ▪ The audiovisual aids can be selected from a library of scenarios to tailor the training to the specific audience. ▪ People who have taken this training often work with others who have taken the 2-day ASIST (Applied Suicide Intervention Skills Training). ▪ A training for trainers is also available. 	<p>LivingWorks safeTALK Suicide Alertness for Everyone (safeTALK)</p>

Question, Persuade, Refer (QPR)

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Recognize the warning signs of suicide ▪ How to talk with someone who may be at risk for suicide and persuade them to get help ▪ Refer at-risk individuals to appropriate resources for help 	<p>Audience: Upper middle and high school students</p> <p>QPR comes in different versions for the following audiences:</p> <ul style="list-style-type: none"> ▪ Individuals: Online ▪ Organizations: Online or in-person ▪ Professional groups, including health care professionals, veterans, law enforcement, firefighters & EMS ▪ Extended learning options are available beyond basic QPR courses. 	<p>QPR is an integrated experience and works best when paired with an adult champion trainer.</p> <p>QPR Institute</p> <p>QPR Gatekeeper Training</p>

SOS Signs of Suicide

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Identify signs of depression and suicide in themselves and their peers ▪ Recognize at-risk students and take appropriate action 	<p>Audience: Middle and high school students</p> <ul style="list-style-type: none"> ▪ Virtual and in-person delivery ▪ Online 2-hour SOS facilitator training is available 	<p><u>Mindwise Signs of Suicide</u></p>

Sources of Strength

Training Objectives	Training Highlights	For More Information
<p>Program teaches people to:</p> <ul style="list-style-type: none"> ▪ Change peer group norms that influence coping practices and problem behaviors (e.g., self-harm) ▪ Promote protective factors that are linked to overall psychological wellness and reduced suicide risk ▪ Reduce the acceptability of suicide as a response to distress ▪ Increase the acceptability of seeking help ▪ Improve communication between youth and adults ▪ Develop healthy coping attitudes among youth 	<p>Audience: Middle and high school students</p> <ul style="list-style-type: none"> ▪ The program aims to enhance protective factors and reduce suicide. It engages peer leaders to change peer norms related to help-seeking and developing strengths. ▪ Adult advisors are given orientation training and monthly teleconference support with Sources of Strength staff. Their role is to support the peer teams. ▪ Peer leaders spend 15–50 hours during a 3–6 month program, which includes an initial training, although the program is designed to last multiple years. 	<p><u>Sources of Strength</u> <u>Sources of Strength adult advisor is required</u></p>

Support Resources

Support resources are materials that can serve to reinforce the suicide prevention work of a district. They do not necessarily have, however, all the visible, evidenced-based, time validated, content/curriculum, and suicide prevention/intervention skills. They may include things like checklists, screenings, tools designed for other states, broad mental health material not specifically focused on suicide prevention, student curriculum, peer groups, etc. Additional funding may be available for resources and education through the Wyoming Department of Health. Please contact your local prevention specialist [here](#).

[Adverse Childhood Experiences \(ACES\) Training](#)

[After a Suicide: A Toolkit for Schools, Second Edition](#)

[American Association of Suicidology](#)

[American Foundation for Suicide Prevention](#)

[The Connect Program: Suicide Prevention and Intervention Training with a Community-Based Approach](#)

[Crisis Text Line - Text HOME to 741741](#)

[Global Compliance Network Suicide Prevention Module](#) (2 hours)

[Grace For 2 Brothers Foundation](#)

[It's Real: Teens and Mental Health](#)

National or Statewide Conferences - Conference considerations

- The conference must be primarily a suicide prevention conference, sponsored by a national or statewide organization and approved by the district superintendent.
- Does the conference include the following:
 - Suicide prevention expert(s)
 - Designed for K-12 educational setting
 - Networking
 - Innovative research and intervention practices
 - Solutions to bridging the gap between school and community
 - Focus on connecting people to resources
 - Focus on relationship building
 - Multiple modes of delivery (in-person, face-to-face, hybrid)

[National Suicide Prevention Lifeline 1-800-273-TALK \(8255\)](#)

[Response: A Comprehensive High School-based Suicide Awareness Program](#)

[Safe2Tell Wyoming 1-844-WYO-SAFE \(996-7233\)](#)

[The Trevor Project - Saving Young LGBTQ Lives](#)

[Wyoming Department of Health Injury & Violence](#)

2021 Program Review Team

Jeremy Bay, Executive Director, Grace for 2 Brothers

Dr. Bob Bayuk, Licensed Psychologist

Dr. Mary Dillivan, School Psychologist and School Counselor, Park County School District #1

Bill Hawley, Board Member Wyoming Chapter of the American Foundation for Suicide Prevention

Rob Johnston, Executive Director, Wyoming Health Council

Kristi Lipp, Certified Prevention Specialist, Weston County Health Services

Lynette Saucedo, Community Prevention Specialist, Goshen County Government

Megan Selheim, Youth and Young Adult Health Program Manager, Wyoming Department of Health

Beverly Shore, Certified Community Prevention Specialist, Teton County Health Department

Brittany Wardle, Community Prevention Project Director, Cheyenne Regional Medical Center