The 2nd Annual Awareness Event for School Professionals

January 15th, 2015
Welcome! Agenda

7:30 - 8:00 - Registration

8:00 - 8:30 - Welcome/Intro-Joe Kordalski, Coalition Update/Stats-Megan Clark

8:30 - 9:00 - Olathe Public Schools - Our Experience - Erin Dugan & Angie Salava

9:00 - 10:15 - Marillac therapists-Self Harm-Nathan Croy, Maggie Chiu, Lauren Lydon

10:15 - 10:30 - Break

10:30 - 11:15 - Social Media - Sherrie Balmer

11:15 - 11:30 - Debrief and Q/A-Joe Kordalski
Johnson County Suicide Prevention Coalition

- November 2012- Suicide Prevention Summit: 150 people attended
- March 2013- Focus Groups: narrowed down to three goals
- May 2013- Key Leaders Event
- June 2013- Workgroups formed
- July 2013- Received $13,000 award through KYSP (GLS Grant)
- August 2013- Suicide Prevention Panel (personal testimony of three panelists)
- October 2013- Electronic survey to gauge training needs
- November 2013- Suicide Prevention Update
- February 2014- Suicide's Impact on Education and a School Communities' Response
- May 2014- Fresh Approaches to Adolescent Suicide Prevention Dr. Bill Geis
- June 2014- ASIST TOT in Salina - 4 local representatives sent
- August 2014- First ASIST training completed
- August 2014- Suicide Prevention School Resource Sheet was created and sent out to school partners
- September 2014- Proclamation to the BOCC
- September 8-14, 2014- Suicide Prevention Week/Day
- September 3-4, 2014- Second ASIST training completed
- November 2014- Annual report out
- November 19/29, 2014- Third ASIST training
- January 2015- Awarded $2000 KYSP grant for an awareness campaign
- January 15, 2015- School Awareness Event
- January 29/30, 2015- Fourth ASIST training
- March 30/31, 2015- Fifth ASIST Training
- May 28/29, 2015- Sixth ASIST Training
Coalition Information

• Meets monthly on the fourth Thursday of each month from 3-4:30pm at the Mental Health Center in Olathe

• Three priority areas
  – Healthcare
  – Training for Community and Clinical Service Providers
  – Research Informed Communication

• If you want to be included on the distribution list for meetings and updates/information, contact Megan Clark - megan.clark@jocogov.org
In 2012......

The nation lost 40,600 people to suicide

There were 502 total Kansas Deaths by Suicide

Johnson County lost 102 people to suicide & overdose

**Johnson County holds 20% of the population of the state of Kansas**

http://www.suicidology.org
Suicide/Overdose Deaths by Year

*Data provided by Johnson County Coroner*
Suicides by Age Range 2014

2014 Suicides Per Age Range

<table>
<thead>
<tr>
<th>Age Range</th>
<th>Number of Suicides</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-20</td>
<td>6</td>
</tr>
<tr>
<td>21-40</td>
<td>32</td>
</tr>
<tr>
<td>41-60</td>
<td>38</td>
</tr>
<tr>
<td>61-80</td>
<td>16</td>
</tr>
<tr>
<td>81-100</td>
<td>2</td>
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</tbody>
</table>

*Data provided by Johnson County Coroner
Suicides by Gender 2014

2014 Suicides Per Gender

- Male: 78
- Female: 23

*Data provided by Johnson County Coroner*
Cause of Death 2013/2014

Cause of Death-2013

- Natural: 1321
- Suicide/OD: 376
- Other: 127
- Motor Vehicle: 87
- Homicide: 101

*N=630

Cause of Death-2014

- Natural: 362
- Suicide/OD: 102
- Other: 127
- Motor Vehicle: 101
- Homicide: 101

*N=622
Olathe Public School District-USD233

Dr. Erin Dugan-Assistant Superintendent

Angie Salava-Counselor
Educators and Student Self-Harm

Brought To You By

Marillac
Introduction

- Presenters:
  - Maggie Chiu, LMSW
  - Nathan D. Croy, LMFT
  - Lauren Lydon, LMSW
Introduction

- Marillac provides psychiatric services for children and their families through:
  - Acute Inpatient
  - Outpatient
  - Psychiatric Residential Treatment Facility
  - Partial Hospitalization Program
  - Case Management
Myth or Fact?

- People who self-harm are trying to get attention.
- People who self-harm are crazy and/or dangerous.
- People who self-harm want to die.
- Is the wounds are superficial, it’s not serious.

HealthyPlace.Com
Myth or Fact?

• Overall, school counselors rate themselves as highly knowledgeable in helping students who self-harm

• School psychologists are identified as the primary referral source for children who self-harm
Approx. 2 Million Annual Cases
1 in 5 Females and 1 in 7 Males
90% begin during teen or preadolescent years
50% Begin Around Age 14
Often Socially Learned

HealthyPlace.Com
Goal

• To facilitate in creating an environment where self injury is more likely to be identified early by school staff, students, and parents, and self injurers are more likely to start therapy early

Program Overview

• Two Roles of school counselor:
  – Coordinator
  – Liaison
Role 1: Coordinator

- Education of Counselors
  - Attend conferences
  - In-Service training (like this!)
  - Books & websites
  - Counselor training
Role 1: Coordinator

• Education of School Staff
  – Warning signs & risk factors
  – In-Service training (like this!)
  – Clear procedures on reporting students who self-injure
Role 1: Coordinator

- Education of Students
  - How to refer friends to counselors
  - Identifying signs/symptoms
  - Change in culture
  - Avoid detailed descriptions of self-injury
  - Ideal to incorporate into existing mental health curriculum
Role 1: Coordinator

• Education of Family
  – Notify parents of self-injury protocol
• Three reasons:
  - Relationship
  - Resources
  - Reassurance
Role 2: Liaison

- Conduit to Therapy
  - Making appropriate referrals
  - Setting expectations with parents
  - Be familiar with therapeutic resources
  - Maintain conduit role after referral
Role 2: Liaison

- Linking the Systems
  - Fulfilling Coordinator and Liaison roles
  - Meets needs throughout systems
  - Close the gaps
Wrap-Up

- Fostering Healthy Environments
- Open Communication
- Follow through
Resources

• EducatorsAndSelfInjury.com
  – Parent Fact Sheets
  – Suggested Protocol for Immediate Response
  – Self-Injury Notification to Parents

• HealthyPlace.com
  – Self-Injury, Self-Harm Stats, and Facts

• School Counselors & Student Self-Injury
Resources

• **Safety Planning**
  – Supervision
  – Means
  – Include mental health professionals

• **Resources Card**
  – Provided by Marillac
  – Includes numbers and information
Marillac-Residential Psychiatric Treatment Facility

Sherrie Balmer-Director of Communications and Marketing
Questions?
Thank you!

Please look for an email later today with a link to a survey monkey to evaluate this event.