

# Suicide Prevention Toolkits

Missouri Suicide Prevention  
Network



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[www.mospn.org](http://www.mospn.org)

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## INTRODUCTION

This collection of toolkits is to assist Missourians with implementing effective suicide prevention strategies. These resources contain tools, information and resources which can be used by leaders to create action plans, set goals and establish policies and programs.

It is encouraged that everyone use the *RAND Suicide Prevention Program Evaluation Toolkit* for their evaluating and planning improvements to their programs. You can find the RAND Toolkit on page 10.

The guide is for your convenience in connecting to toolkit resources. MSPN and its project partners neither endorse nor take responsibility for the website content or services of the resources listed in this guide.

Please submit any comments or questions about this guide to [admin@mospn.org](mailto:admin@mospn.org).

## ACKNOWLEDGEMENTS

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- Jason Klaus, Missouri Crisis Intervention Team (CIT)
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- Sara Linenfelser, Missouri Department of Social Services
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*K-12*

### **Youth Suicide Awareness and Prevention Model Policy**

The Missouri Department of Elementary and Secondary Education (DESE), pursuant to Section 170.048, RSMo, developed a model policy for suicide awareness and prevention. The department utilized a variety of organizations with expertise in youth and suicide prevention to develop the model policy.

<https://dese.mo.gov/college-career-readiness/school-counseling/youth-suicide-awareness-and-prevention>

### **A Model School Policy on Suicide Prevention**

The Model School District Policy on Suicide Prevention gives educators and school administrators a comprehensive way to implement suicide prevention policies in their local community. The document outlines model policies and best practices for school districts to follow to protect the health and safety of all students.

<https://afsp.org/our-work/education/model-school-policy-suicide-prevention/>

### **After a Suicide: A Toolkit for Schools**

This toolkit is designed to assist schools in the aftermath of a suicide in the school community. After a Suicide focuses on how to respond in the immediate aftermath of a suicide death of a student. Ideally, schools should have a crisis response and postvention plan in place before a suicide occurs. That will enable staff to respond in an organized and effective manner. But whether or not a school has such a plan, this toolkit contains information schools can use to initiate a coordinated response. The resource was developed primarily for administrators and staff in middle and high schools, but it can also be useful for parents and communities.

<http://www.sprc.org/sites/default/files/resource-program/AfteraSuicideToolkitforSchools.pdf>

### **The Connect Program**

The Connect program is recognized as a comprehensive model for planning and implementing suicide prevention and postvention practices. Comprehensive training curriculum including: Prevention and intervention; Postvention (promoting healing and reducing risk after a suicide); SurvivorVoices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly; Train the Trainer and Strategic Planning options.

<https://theconnectprogram.org/>

### **Preventing Suicide: A Toolkit for High Schools**

This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students. Access the high school kit promotional flyer.

<https://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669>

### **SOS - Signs of Suicide®**

Evidence based suicide prevention program for students in grades 6-12, faculty, and parents. Administrators review protocols and discuss community involvement during the readiness consultation. Students learn warning signs and symptoms of depression and suicide, ACT® (Acknowledge, Care, Tell), and have the opportunity to speak with a counselor.

<https://www.mindwise.org/suicide-prevention/>

### *Higher Education*

#### **After a Suicide: A Toolkit for Medical Schools**

Customized for medical schools, provides guidance in the event of a death by suicide of a medical student. This toolkit contains strategies for helping the medical community to grieve, to mitigate the risk of contagion, and to attend to the main details of crisis response, communication, and next steps for prevention.

<https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>

#### **After a Suicide: A Toolkit for Residency/Fellowship Programs**

In the event of a trainee's death by suicide within a physician residency or fellowship program, it is critical to have a plan of action in place. This practical handbook provides guidance for hospital and program leaders.

<https://afsp.org/our-work/education/healthcare-professional-burnout-depression-suicide-prevention/>

#### **Postvention: A Guide for Response to Suicide on College Campuses**

This resource is intended for use by colleges and universities that are affected by and/or want to be prepared for campus crises and campus deaths.

<http://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf>

#### **Virtual Learning Lab: Campus Suicide Prevention**

SPRC's new interactive resource, Virtual Learning Lab: Campus Suicide Prevention, assists colleges and universities in implementing effective suicide prevention programs. This online learning lab consists of different modules that can assist colleges and universities with setting goals, planning, and implementing effective suicide prevention programs and trainings.

<https://www.sprc.org/virtualllearninglab/virtual-learning-lab-campus-suicide-prevention>

## EMPLOYER AND EMPLOYMENT SERVICE SUICIDE PREVENTION TOOLKITS

### **A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide**

This guide provides workplace leaders with clear action steps for suicide postvention, including immediate, short-term and long-term responses to help employees cope with the aftermath of the traumatic event.

<https://theactionalliance.org/resource/managers-guide-suicide-postvention-workplace-10-action-steps-dealing-aftermath-suicide>

### **A Construction Industry Blueprint: Suicide Prevention in the Workplace**

The Bureau of Labor Statistics has identified the construction industry among the top nine occupations with the highest risk for suicide. This guide supports construction executives with building the policies and practices needed to make suicide prevention a health and safety priority.

<https://theactionalliance.org/resource/construction-industry-blueprint-suicide-prevention-workplace>

### **The Connect Program**

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<https://theconnectprogram.org/>

## FAITH-BASED COMMUNITY SUICIDE PREVENTION TOOLKITS

### **The Connect Program**

The Connect program is recognized as a comprehensive model for planning and implementing suicide prevention and postvention practices. Comprehensive training curriculum including: Prevention and intervention; Postvention (promoting healing and reducing risk after a suicide); SurvivorVoices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly; Train the Trainer and Strategic Planning options.

<https://theconnectprogram.org/>

### **Mental Health: A Guide for Faith Leaders**

This guide provides information to help faith leaders work with members of their congregations and their families who are facing mental health challenges. Its goal is to help faith leaders understand more about mental health, mental illness, and treatment, and help break down the barriers that prevent people from seeking the care they need. The Partnership and this guide are working to foster respectful, collaborative relationships between mental health professionals and faith community leaders that will lead to improved quality of care for individuals facing mental health challenges.

<http://www.pathways2promise.org/mental-health-a-guide-for-faith-leaders/>

## LEGAL AND LAW ENFORCEMENT SUICIDE PREVENTION TOOLKITS

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<https://theconnectprogram.org/>

### **International Association of Chiefs of Police (IACP) Suicide Prevention Section**

This section includes examples of suicide prevention materials used by law enforcement agencies. Includes brochures, posters and examples of law enforcement suicide prevention programs and initiatives.

<https://www.theiacp.org/resources/iacp-sample-suicide-prevention>

### **In Harm's Way: A Law Enforcement Suicide Prevention Toolkit**

A Law Enforcement Suicide Prevention Toolkit was developed and distributed to all Florida law enforcement agencies in October of 2007. This Toolkit was designed with input from many law enforcement of-experts to help you present suicide prevention training within your department, reduce the stigma associated roll backup for each other.

<http://cop.spcollege.edu/INHARMSWAYResourceOnline/StartHere.pdf>

### **National Suicide Awareness for Law Enforcement Officers Program (SAFELE)**

The SAFLEO Program is one of two critical pieces under this work and is funded under the Officer Robert Wilson III Preventing Violence Against Law Enforcement Officers and Ensuring Officer Resilience and Survivability (VALOR) Initiative. BJA, through SAFLEO, provides training, technical assistance, and resources to law enforcement agencies, staff, and families, to raise awareness, smash the stigma, and reduce and prevent law enforcement suicide.

[www.valorforblue.org/SAFELE](http://www.valorforblue.org/SAFELE)



## MEDICAL COMMUNITY SUICIDE PREVENTION TOOLKITS

### **The Connect Program**

The Connect program is recognized as a comprehensive model for planning and implementing suicide prevention and postvention practices. Comprehensive training curriculum including: Prevention and intervention; Postvention (promoting healing and reducing risk after a suicide); SurvivorVoices: Sharing the Story of Suicide Loss program trains survivors of suicide loss how to safely share their story privately and publicly; Train the Trainer and Strategic Planning options.

<https://theconnectprogram.org/>

### **Promoting Emotional Health and Preventing Suicide-A Toolkit for Senior Living Communities (SPARK Kit)**

This toolkit equips senior living staff with resources to promote mental health, suicide prevention and encourages active participation among residents. It includes guidelines for integrating suicide prevention into ongoing programs, hands-on tools and training manuals.

<https://store.samhsa.gov/product/Promoting-Emotional-Health-and-Preventing-Suicide/SMA10-4515>

### **Suicide Prevention Toolkit for Primary Care Practices**

This toolkit can be used by all primary care providers. It contains tools, information and resources to implement state-of-the art suicide prevention practices and overcome barriers to treating suicidal patients in the primary care setting. You'll find assessment guidelines, safety plans, billing tips, sample protocols, and more.

[www.sprc.org/settings/primary-care/toolkit](http://www.sprc.org/settings/primary-care/toolkit)

### **Veterans Affairs Community Provider Toolkit**

The purpose of this toolkit is to link community providers with information and resources that are relevant to veteran's health and well-being.

<https://www.mentalhealth.va.gov/communityproviders/wellness-suicide-prevention.asp>

### **ZERO Suicide**

The Zero Suicide framework is a system-wide, organizational commitment to safer suicide care in health and behavioral health care systems. It is a culture shift away from fragmented suicide care toward a holistic and comprehensive approach to patient safety and quality improvement—the most fundamental responsibility of health care—and to the safety and support of the staff who do the demanding work of treating and caring for suicidal patients.

<https://zerosuicide.edc.org/>

## STATE AND LOCAL COMMUNITY LEVEL SUICIDE PREVENTION TOOLKITS

### **The Connect Program**

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<https://theconnectprogram.org/>

### **Preventing Suicide: A Community Engagement Toolkit**

The World Health Organization published a step-by-step guide for people who would like to initiate suicide prevention activities in their community. It includes advice and practical tools to help with goal setting, stakeholder mapping and development of an action plan as well as details of successful initiatives in Canada, India, Kenya, Nepal, Trinidad and Tobago and the US.

[www.who.int/mental\\_health/suicide-prevention/en/](http://www.who.int/mental_health/suicide-prevention/en/)

## EVALUATION TOOL FOR SUICIDE PREVENTION PROGRAMS

### **RAND Suicide Prevention Program Evaluation Toolkit**

The RAND Suicide Prevention Program Evaluation Toolkit was designed to help program staff overcome common challenges to evaluating and planning improvements to their programs. This toolkit aims to

1. Inform you about the latest evaluation research from similar SPPs.
2. Help you design an evaluation that is appropriate based on the type of program and available resources and expertise.
3. Support the selection of measures for new evaluations and augment or enhance ongoing evaluations.
4. Offer basic guidance on how to analyze evaluation data and then use these data to improve the effectiveness of SPPs.

[www.rand.org/pubs/tools/TL111.html](http://www.rand.org/pubs/tools/TL111.html)