

# Interventions by Suicide Risk Screening Outcomes

School Resources to Support Military-Connected Students is a project by the Clearinghouse for Military Family Readiness an applied research center at The Pennsylvania State University and is funded by the Department of Defense Education Activity Grant number HE1254-19-0009.

For more information click on the links below:

<https://schoolresources.militaryfamilies.psu.edu/>

<https://militaryfamilies.psu.edu/>

<https://www.psu.edu/>

<https://dodeagrants.org/>

Our goal is to provide school personnel with free, evidence-based resources to support military-connected students. This training is part of our *Suicide Prevention* series.

## Important Reminders

Before starting this training, please read the items below carefully and check the box in front of each item to indicate your understanding.

- The following content discusses suicide and may be upsetting to some individuals.
- Follow all district, local, state, and federal regulations. This training is **NOT** intended to replace or override existing procedures or laws.

## Introduction

### What is the purpose of this training?

After suicide risk screening, it is important to identify and implement interventions that are appropriate considering the screening outcome. As suicide risk level increases, the intensity of the interventions must also increase. This training will identify potential interventions for each possible suicide screening outcome and provide you with a tool to document selected interventions.

## Objective

The goal of this training is to increase your confidence in your ability to:

**Select and document interventions for each potential suicide screening outcome.**

*How confident are you in your ability to do this now?*

Please click on the link below to submit your response.

[https://pennstate.qualtrics.com/jfe/form/SV\\_6Gp3iBHlvhcTluR?modulenumber=suicide20](https://pennstate.qualtrics.com/jfe/form/SV_6Gp3iBHlvhcTluR?modulenumber=suicide20)

Verify that you have completed each of the tasks below before proceeding with this training.

Answered the survey question in the link.

Clicked the arrow underneath the survey question to submit your response.

Recorded the ID number provided after you submitted your answer to the survey question. You will need it to complete the survey at the end of this training.

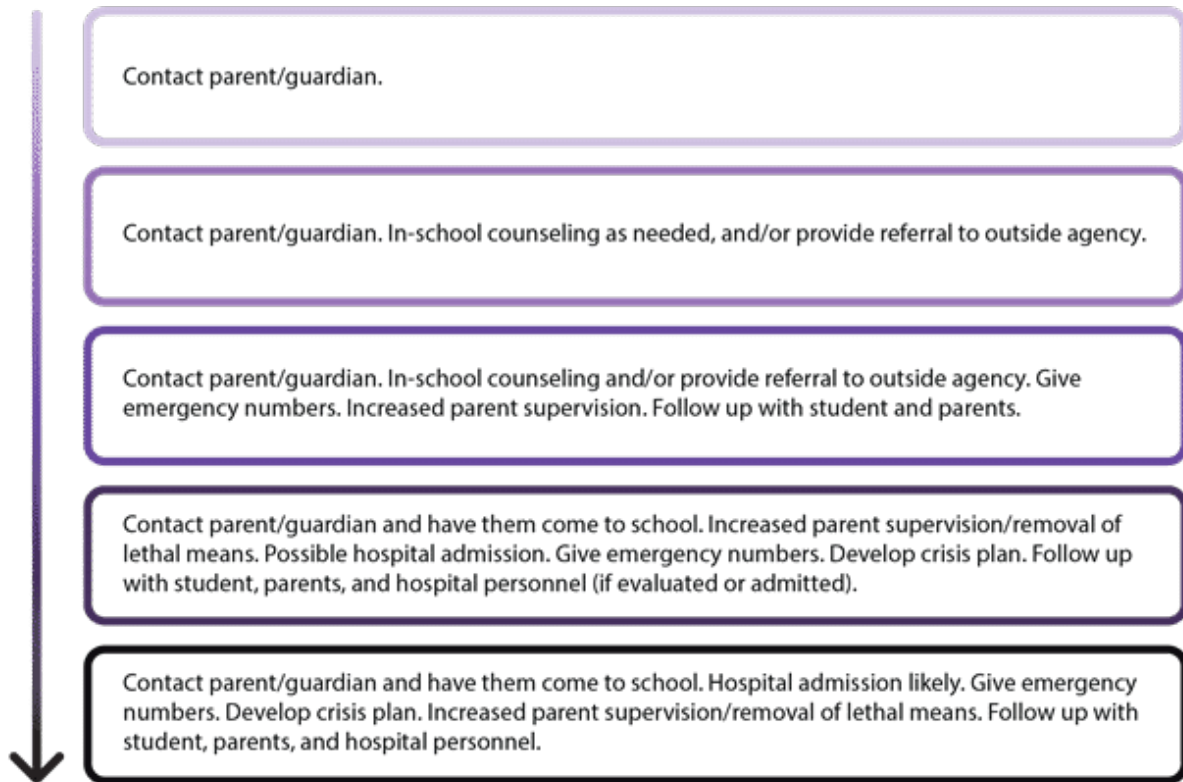
## Research

### What is most important for me to know?

Potential interventions to student suicide risk should be viewed along a continuum. As the student's risk level increases, the intensity of intervention increases as well. See the image below.

**The following are potential interventions based on increasing suicide risk estimate (Boccio, 2015)**

*As risk level increases, intensity of intervention increases.*



Potential interventions based on increasing risk level.

Documentation of selected interventions is a necessary component to supporting students at risk for suicide or other self-injury behaviors. The next image, which is also available as a fillable PDF later in this training, can be used to document interventions that have been suggested, and subsequent student and parent/guardian compliance. This table may be useful to file in your own personal records and update as students and parents/sponsors report their efforts to comply with recommendations.

Selected Intervention (Boccio, 2015; Jobes, 2006):

		Date	Description	Student/Parent Compliance with Recommendation
Informed parents/legal guardian(s) of risk	Y N			
Began in-school counseling (including safety plan)	Y N			
Provided referral to outside agency/therapist for further evaluation/counseling	Y N			
Involved school crisis team/Developed crisis plan	Y N			
Gave students/parents community resources handout, including emergency contact numbers	Y N			
Recommended hospitalization	Y N			
Other	Y N			
Parent/guardian signed Release of Information for school to communicate with outside agency	Y N			

Selected intervention documentation sheet.

## Application

### How might this look in my professional practice?

The goal of this training is to increase your confidence in your ability to:

### Select and document interventions for each potential suicide screening outcome.

Below is a vignette that will provide you with practice selecting and documenting potential interventions. Read the vignette and use the copy of the selected interventions documentation sheet above to evaluate the student and answer the question that follows the vignette. At the conclusion of this lesson you will be provided with a tool to use in your professional practice.

Two middle school students were worried about their friend, Joe, and stated they were afraid he may hurt himself. They said about two weeks ago they saw cut marks on his arms, and that last Thursday he was trying to choke himself with his jacket. Joe came freely to the examiner's office. He admitted to feeling depressed since his girlfriend broke up with him two weeks ago, and that he will be moving this June. He stated that he tried to kill himself three times in the past week by placing a belt around his neck and pulling it until he could no longer breathe. He explained, "All I feel is just pain. I don't care if I die tomorrow or not." He reported a history of suicidal ideation and attempts that started about a year ago. Joe was diagnosed with depression approximately six months ago. Currently, he is not taking any medication or seeing a counselor. He also shared that he engages in self-harm by cutting his forearms with pencils or scissors. On a scale of 1 to 10, he indicated his emotional pain level stays around 8 and he feels stressed out almost all the time. He reported some

sleep disturbances and withdrawal from his friends. His friends reported, "We try to help him, but he refuses to talk with us. We are really worried about him."

Consider the vignette about Joe. What interventions would be appropriate for this student?

- a. Informed parents/legal guardian(s) of risk
- b. Began in-school counseling (includes safety plan)
- c. Provided referral to outside agency-therapist for further evaluation/counseling
- d. Involved school crisis team/Developed crisis plan
- e. Gave students/parents community resources handout, including emergency contact numbers
- f. Recommended hospitalization
- g. Parent/guardian signed Release of Information for school to communicate with outside agency

Correct Answer(s): a., b., c., e., g.

## Implementation

**How can I effectively implement this content in my professional practice?**

Please review the considerations below regarding potential implementation strategies, barriers to implementation, and collaboration strategies related to this content. This will help you coordinate the next steps as you begin to incorporate the information presented in this training into your professional practice.

**This information can also be found on a handout that you will be able to download at the end of this training.**

## Implementation Strategies

- Complete any and all training necessary when implementing these techniques.
- Ensure and engage support from all stakeholders including parents, administrators, teachers, and community members.

## Overcoming Barriers to Implementation

- Engage in ongoing communication with stakeholders about what intervention options are in the event of a risk-assessment, why they are important, and what they can do to help support your efforts.
- When making referrals to outside agencies or providers, it is helpful if they have advanced notice and a relationship with the school. Consider having regular check-ins with local agencies and providers, such as lunch or a meeting every school year, to review procedures and get their input on how they would like to proceed with referrals.

## Collaboration Strategies

- Engage parents and community members to rally ongoing support.
- Regularly consult with and coach teachers and other staff when implementing procedures.

## Resources

**Are there any resources available to help me implement this content?**

Click on the link below to download a tool that you can use to implement this content in your professional practice.

<https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:fb3b4635-1ba4-4377-bc47-5aee66aa6440>

# Feedback

## How can I help improve this training?

The objective of this training was to increase your confidence in your ability to:

**Select and document interventions for each potential suicide screening outcome.**

Answer the questions in the link below to let us know how well this training increased your confidence in your ability to accomplish this objective. Once you have answered all of the questions, click the blue arrow button underneath to submit your responses.

[https://pennstate.qualtrics.com/jfe/form/SV\\_d771mLr9ZgW3kyx?modulenumber=suicide20](https://pennstate.qualtrics.com/jfe/form/SV_d771mLr9ZgW3kyx?modulenumber=suicide20)

Verify that you have completed each of the tasks below.

Answered all of the survey questions above. You may have to scroll to see all of the questions.  
Clicked the arrow underneath the last survey question to submit your responses.

## Additional Readings

### Where can I learn more about this content?

The following resources were used to create this training. If you would like more information about the information presented in this training, we encourage you to start here.

Boccio, D. E. (2015). A school-based Suicide Risk Assessment Protocol. *Journal of Applied School Psychology*, 31(1), 31–62. <https://doi.org/10.1080/15377903.2014.963272>

Jobes, D. A. (2006). *Managing suicidal risk: A collaborative approach*. Guilford Press.

## Thank You!

Thank you for taking the time to complete this training. If you have any questions or comments, please email us at [schoolresources@psu.edu](mailto:schoolresources@psu.edu).

### Proceed to the next training

Click on the link below to move on to the next training titled *Parent Notification Following a Suicide Risk Assessment*. In this training, you will increase your confidence in your ability to respond appropriately to the possible outcomes on the suicide risk screening tool.

[https://learning.militaryfamilies.psu.edu/school-resources/modules/suicide\\_21-parent-notification-following-a-suicide-risk-assessment\\_201022/](https://learning.militaryfamilies.psu.edu/school-resources/modules/suicide_21-parent-notification-following-a-suicide-risk-assessment_201022/)

### Return to the module directory

Click on this button to return to the module directory.

<https://schoolresources.militaryfamilies.psu.edu/modules/>

