

Suicide / Self harm Procedures

The hope of this document is to show you what your part is as the intentional leader and what the next step is for you and the student regarding what they share with you in regards to suicidal thoughts and self-harm practices.

Please utilize our ABC method of engagement with students:

- A – Affirm them for sharing
- B – Behavior – address the behavior that concerns you
- C – Consequence – share with them the next step you are taking (ie – sharing with lead team about specific behavior because you care, etc)

Green

- This student is comfortable with the subject matter and does NOT mention or display any evidence of self harm or suicidal thoughts or they DID (past tense – meaning 2+ years ago).
- **No action required** but feel free to connect with Lead Team/Staff if needed

Yellow

- This student mentions very FEW times of struggling with THOUGHTS of self harm or suicide and very few incidents of actually cutting or self-harming (current to within last 2 years)
- Ask / Encourage them to share with their parents / other caring adults
- **Apprise Lead Team or Staff of conversation**

Red

- This student mentions and has evidence of FREQUENT self-harm and suicidal thoughts
- Ask:
 - Are you having suicidal thoughts?
 - Have you told your parents about this?
 - Do you have a plan to hurt yourself?
- **Apprise Lead Team** (Lead Team will share with staff) so parents can be contacted

EMERGENCY

- This student has a thought out plan to attempt to end their life and the means necessary.
- **Notify Lead Team IMMEDIATELY following group** (Lead Team will share with staff and staff will connect with parents) so either parents or police can escort to KBH (Kootenai Behavior Health) – we don't want them to leave the building until we have a plan that ensures their safety – Mobile Crisis Unit may be contacted (208-769-2730)

Keep in mind:

- Self-manage your own emotions and responses
 - How am I reacting vs responding?
 - Am I staying calm or freaking out? Am I asking questions or demanding responses?
- Affirm the individual and your care for them (the ABC's)
 - No shame language (ie – “you're a Christian, you shouldn't think that way or do that” etc)
- Remind them **temptation is normal** and part of the Christian life. We have a **spiritual enemy** that puts thoughts in our head. Nothing is wrong with you. It is normal to feel bad or shame for our temptations, but talking about them, sharing and **PRAYING** breaks the power of the temptation. (1 Jn 1:7; James 5:16)