

The background features a light green gradient with teal leaves scattered around the edges. In the upper center, there is a 4x4 grid of small teal dots.

# School-Based Mental Health Services

*Supporting Students In Need of Mental Health Care  
and Students at Risk*

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Date: 9/18/2023

Education Division, School Mental Health and Wellness

**UNLIMITED YOU** 

ANAHEIM UNION HIGH SCHOOL DISTRICT



# Hold On To Hope Suicide Prevention For Parents

Note: Time will be allotted for questions.  
Please write them in the chat.

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# What is it

*Suicide is most commonly defined as the act or instance of taking one's own life voluntarily and intentionally*

*It is a serious public health concern that affects family members, friends, classmates, co-workers and communities; as well as military personnel and veterans*

*But that's not all...*

# Suicide...



...does not discriminate

...has various warning signs that can help prevent an attempt when recognized

...is not just attention seeking

...is help-seeking and attention is necessary

...is often a sign of an underlying mental health condition

...must be talked about - not ignored

# Video: Teen Suicide Prevention



Mayo Clinic



**UNLIMITED YOU**   
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# Let's think about this for a second...

*What thoughts or emotions would surface  
for you as a parent if you needed to  
address this concern with your child?*



**Remember...**

*It's always ok to ask*



# THE HOPE

At the end of today's presentation, the hope is that you can...



## Distinguish

between myths and realities of suicide

## Be aware

of the at-risk behaviors and warning signs



## Understand





what supports our school has to offer

## Know

how to get your child help

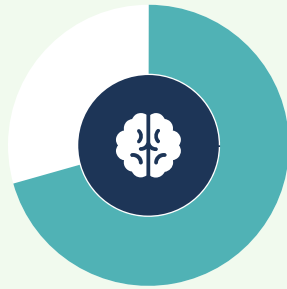


# Youth Suicide Facts

<b>Fact</b>	<ul style="list-style-type: none"><li>• Suicide is the 2nd leading cause of death among youth between 10-24 years of age; and suicide rates for this age group increased 52.2% between 2000-21</li></ul>	
<b>Fact</b>	<ul style="list-style-type: none"><li>• Males are 4x more likely to die by suicide than females, although females attempt suicide 3x more often than males</li></ul>	
<b>Fact</b>	<ul style="list-style-type: none"><li>• In 2021, 9% of high school students reported attempting suicide during the previous 12 months</li></ul>	
<b>Fact</b>	<ul style="list-style-type: none"><li>• Suicide affects young people from all ages, races, genders and socioeconomic groups</li></ul>	

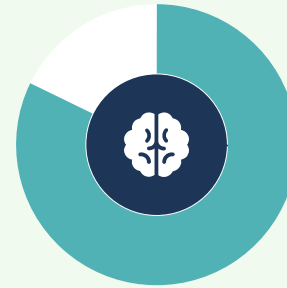
# Raising Awareness

Thoughts of suicide are often hidden because youth are *confused, embarrassed, or ashamed*



**70%**

of parents were unaware of their child's suicidal thoughts



**78%**

of parents were unaware of suicide attempts reported by their child

# Let's pause for a moment...

*From your perspective, what do you think are some warning signs that indicate high risk for suicide?*

# Warning Signs

- Says "I want to kill myself," or "I'm going to commit suicide."
- Gives verbal hints, such as "I won't be a problem much longer," or "If anything happens to me, I want you to know ...."
- Gives away favorite possessions or throws away important belongings
- Becomes suddenly cheerful after a period of depression
- Writes suicide notes
- Changes in eating and sleeping habits
- Loss of interest in usual activities
- Withdrawal from friends and family members
- Acting-out behaviors and running away
- Alcohol and drug use
- Neglecting one's personal appearance
- Unnecessary risk-taking
- Obsession with death and dying

# Risk Factors



- A recent or serious loss
- A psychiatric disorder
- Prior suicide attempts
- Alcohol or substance abuse
- A family history of suicide
- Bullying
- Lack of family support
- Struggles with sexual orientation/identity

03

# School-based mental health



ACT

Acting



Caring



Treating



# • What are we doing as a school?



- Monthly campaigns promoting mental health
- Counselor SEL classroom presentations
- Therapy groups
- Skill building groups
- Parent presentations
- Student Ambassadors

# Mental Health Campaigns

## Cypress High School



## Lexington Junior High

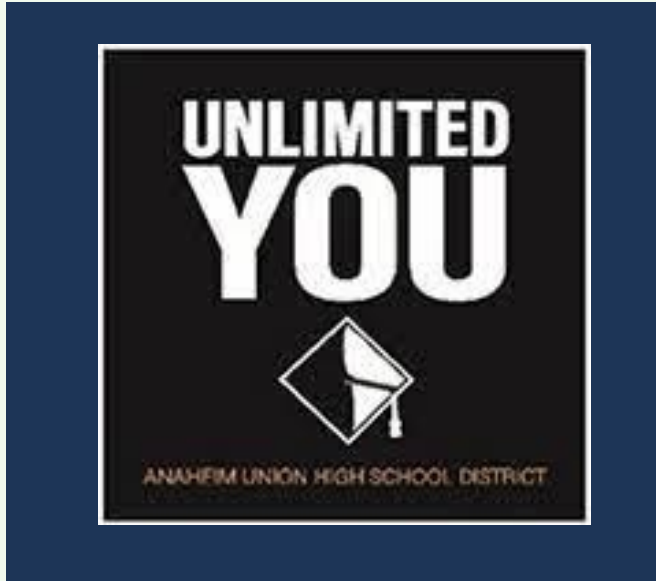


# ❁ What are we doing as a school?



- Pupil Suicide Prevention Policy (AB 2246)
- Risk assessments
- Linking students to immediate support
  - **5585 - hospitalization**
  - **Be Well Center**
  - **In-home crisis**
  - **Therapy Services**

# • What are we doing as a school?



- Re-entry meetings
- Staffings
- EMT or EMT II

04

# Implementing lessons at home



# What can you do?

- Listen and validate feelings
- Promote self-care
- Ask them how they feel
- Provide space- “breathing room”
- Show you trust them
- Breathing/mindfulness techniques
- Positive coping skills
- Modeling
- Therapy
- Educate yourself
- Listen to understand
- Stay healthy and exercise as a family

# But how do I check in on them?

**Choose**  
the right time.

**Stick to facts.**

Let them know what specific behaviors are concerning you. Have they noticed too?

**Be ready**  
for push back.

**Validate**  
their feelings.



At the end of the day, it's always ok to ask

# How can teens help themselves?



**Workout**



**Journal**



**Read**



**Arts/Craft**



**Listen to music**



**Use hotline  
numbers**



**Talk to a friend**



**Participate in  
therapy**



**Family  
Activities**





**You don't have  
to do this alone!**



# Resources

## Crisis Lines

- Crisis Text Line: Text "HOME" to 741741
- National Prevention Lifeline – 1-800-273-TALK (8255)
- The Trevor Life Line: 24/7: 1-866-488-7386 // Text "START" to 678678
- OC Didi Hirsch – Crisis Prevention Hotline: 1-877-727-4747
- CA Youth Crisis Line: 1-800-843-5200
- Teen Line: Call (310) 855-HOPE or (800) TLC-TEEN (nationwide toll-free) from 6pm to 10pm PST
- Suicide & Crisis Lifeline 24/7 Call/Text: 988
- Grit X App or website: [gritx.org](http://gritx.org)

## Community Agencies

- California Parent and Youth Helpline: (1-855-427-2736)
  - Offer a Parent Helpline and Online Parent Support Groups to address increased stressors and concerns faced by families, parents and youth.
- CHS Wellness Corner:  
<https://sites.google.com/auhsd.us/cypresscounseling/wellness-corner>

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# Questions?

# Thank you for being caring and involved parents!

STILL HAVE QUESTIONS?  
LET US KNOW



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