

Le Monde French Immersion Public Charter School Suicide Prevention Policy

Purpose

The purpose of this policy is to protect the health and well-being of all students by having procedures in place to prevent, assess the risk of, intervene in, and respond to, suicide. Le Monde French Immersion Public Charter School (Le Monde):

- Recognizes that physical and mental health are integral components of student outcomes, both educationally and beyond graduation;
- Further recognizes that suicide is a leading cause of death among young people;
- Adopts this policy to meet the ethical responsibility to take a proactive approach in preventing deaths by suicide;
- Acknowledges Le Monde's role in contributing to an environment that is sensitive to individual and societal factors that place youth at greater risk for suicide and helps to foster positive youth development and resilience; and
- Acknowledges that comprehensive suicide prevention policies include prevention, intervention, and postvention components.

This policy is meant to be used alongside other policies or practices supporting the overall emotional and behavioral health of students.

Scope

This policy covers actions that take place at Le Monde, on Le Monde property, at Le Monde-sponsored functions and activities, on school buses or other vehicles used for Le Monde-sponsored transportation, and at Le Monde-sponsored out-of-school events where Le Monde staff are present as supervisors. This policy will be provided to all Le Monde staff who are regular employees of Le Monde and all adults working as teachers at Le Monde. This policy will also be available on the Le Monde website. It is our hope and expectation that the entire Le Monde community will follow this policy to help create a school culture of respect and support, in which students feel comfortable seeking help for themselves or friends. This policy also covers responses Le Monde could make to suicidal or high-risk behaviors that take place outside of the Le Monde environment.

Prevention

Policy Implementation

A Suicide Prevention Coordinator shall be appointed by the Executive Director or designee. Unless the Executive Director makes a different appointment in writing, then the Director of Student Support, if a mental health professional, shall be the Suicide Prevention Coordinator. The Suicide Prevention Coordinator and Executive Director shall be responsible for planning and coordinating implementation of this policy. The Suicide Prevention Coordinator will act as a point of contact for issues relating to suicide prevention and policy implementation.

Staff Professional Development

All staff shall receive, at minimum, annual professional development regarding suicide prevention, such as one or more of the following: risk factors; warning signs; protective factors; response procedures; referrals; postvention; resources; and groups of students at elevated risk for suicide, including those living with mental and/or substance use disorders, those who engage in self-harm or have attempted suicide, those in out-of-home settings (e.g., youth in foster care, group homes, incarcerated youth), those experiencing homelessness, American Indian/Alaska Native students, LGBTQ (Lesbian, Gay, Bisexual, Transgender, Queer and Questioning) students, students bereaved by suicide, and those with medical conditions or certain types of disabilities. Professional development in risk assessment and crisis intervention shall be provided to Le Monde-employed mental health professionals and school nurses, if any are on staff, upon request.

Mental Health Promotion and Youth Suicide Prevention Programming

Developmentally-appropriate mental health education materials shall be integrated into the curriculum of all K-8 health classes and other classes as appropriate. The content of these age-appropriate materials shall include the importance of safe and healthy choices; coping strategies focused on resiliency building; how to recognize risk factors and warning signs of distress, mental health conditions, or suicide in oneself and others; and help-seeking strategies for oneself and others. In addition, Le Monde may provide supplemental small-group suicide prevention programming for students. It is not recommended to deliver any programming related to suicide prevention to a large group in an auditorium setting.

Policy Publication

This policy shall be included in the staff handbook, and posted on the Le Monde website. Suicide prevention information and a reference to this policy shall be included in the family handbook. All Le Monde personnel are expected to know and be accountable for following all policies and procedures regarding suicide prevention.

Referral

When a student is identified by a peer, staff member or other source as potentially suicidal — i.e., verbalizes thoughts about suicide, writes threats about suicide or death in school assignments, seems preoccupied with suicide or death, presents overt risk factors such as agitation or intoxication, an act of self-harm occurs, or expresses or otherwise shows signs of suicidal ideation — the student shall be immediately referred to the Suicide Prevention Coordinator. **Staff members shall continue trying to make the referral through varied direct means of communication, until they have confirmation that the referral has been received. Use the most direct method to result in live interaction with the Suicide Prevention Coordinator (e.g., call or go see the Suicide Prevention Coordinator).**

If the Suicide Prevention Coordinator is unavailable (or not qualified to assess suicide risk), the Executive Director or a designated staff member shall continuously supervise the student to ensure their safety while the student is in Le Monde's care until the student is seen by the Suicide Prevention Coordinator, another professional qualified to assess suicide risk, or an outside health care provider. If a parent, guardian, or an adult or minor authorized to pick up the student arrives to pick up the student before a risk assessment is completed, the student may be released from school after a Le Monde staff person provides the following information to the parent or guardian, or if a parent or guardian is unavailable, an authorized adult:

- the circumstances leading to a referral for risk assessment;
- a brief explanation that a risk assessment is required by policy and has not been completed yet;
- the Suicide Prevention Coordinator's contact information;
- at least a brief explanation that someone will followup with a parent or guardian and meet with the student, usually on the next school day that the student attends;
- a request for information about how and when a parent or guardian could be easily contacted;
- a recommendation to consider following up immediately with crisis services or their outpatient mental health or primary care provider;
- contact information for crisis services (e.g., "Crisis services are available at 503-988-4888 in Multnomah County, 503-291-9111 in Washington County, 503-655-8585 in Clackamas County, and 800-273-8255 Nationwide."); and
- a recommendation to call 911 (or go to an Emergency Department) in an emergency.

If there is no parent, guardian or authorized adult available, do not release the student from school (e.g., do not release the student to a sibling under age 18).

If a referral is received when the student is not at school, the Suicide Prevention Coordinator or if the coordinator is unavailable, the Executive Director (or designated staff member) will attempt to contact parents or guardians by phone and email and provide the information listed above.

Additional Resources

The Suicide Prevention Coordinator (and any other designated Le Monde staff supporting a student at risk of suicide while the Suicide Prevention Coordinator is unavailable) may contact a crisis line and provide information about the student to access crisis-related services, including but not limited to consultation, suicide risk assessment, safety planning, crisis services, and outside referrals. Schools can call the Student Suicide Assessment Line at 503-575-3760 on Monday-Friday between 8:30am and 4:30pm for access to a master's-level clinician trained in suicide intervention who can provide consultation, assess students directly, and collaborate with schools to create a safety plan. Crisis services that are not specific to just the needs of schools are available at 503-988-4888 in Multnomah County. Students residing in other counties might be supported better by crisis services from their county of residence; crisis services are available at 503-291-9111 in Washington County, 503-655-8585 in Clackamas County, and 800-273-8255 Nationwide.

When Emergency Services Are Needed

When a student is actively suicidal and the immediate safety of the student or others is at-risk (such as when a weapon is in the possession of the student), Le Monde staff shall call 911 immediately. The staff calling shall provide as much information about the situation as possible, including the name of the student, any weapons the student may have, and where the student is located. Le Monde staff may tell the dispatcher that the student is suicidal to allow for the dispatcher to send people with specific training in crisis de-escalation and mental illness.

Risk Assessment

A student referred for Risk Assessment shall be seen by the Suicide Prevention Coordinator, within the same school day, if practicable, to assess risk and facilitate outside referral if necessary. **Risk Assessment shall include asking about suicide, the circumstances leading to a referral for Risk Assessment, and follow-up or clarifying questions because suicide prevention experts have unequivocally concluded through extensive research that asking about suicide helps prevent suicide and does not increase suicides or suicidal thoughts.** If the Suicide Prevention Coordinator is unavailable (or not qualified to assess suicide risk), a Risk Assessment may be provided by another professional qualified to assess suicide risk or an outside health care provider. Le Monde may accept written communication from a parent or guardian indicating that an outside health care provider conducted a Risk Assessment and concluded that the student could safely return to school, in lieu of a Risk Assessment by the Suicide Prevention Coordinator or another professional at Le Monde who is qualified to assess suicide risk.

- Le Monde staff shall continuously supervise the student to ensure their safety until the assessment process is complete.
- The Suicide Prevention Coordinator and Executive Director shall be made aware of the situation as soon as reasonably possible.

- Before releasing the student from school (during the school day or at dismissal), the Suicide Prevention Coordinator or if the coordinator is unavailable, another designated professional qualified to assess suicide risk or the Executive Director or designee shall contact the student's parent or guardian, as described in the Parental Notification and Involvement section and in compliance with existing state law (if applicable). **If there is no parent, guardian or authorized adult available, do not release the student from school (e.g., do not release the student to a sibling under age 18).**

Parental Notification and Involvement

The Suicide Prevention Coordinator or if the coordinator is unavailable, another designated professional qualified to assess suicide risk, the Executive Director, or designee shall inform the student's parent or guardian on the same school day, or as soon as possible, any time a student is identified as having any level of risk for suicide or if the student has made a suicide attempt (pursuant to Le Monde/state codes, unless notifying the parent or guardian will put the student at increased risk of harm). If parental abuse or neglect is suspected or reported, the Oregon Department of Human Services at 1-855-503-SAFE (7233) (or appropriate state child protection officials) may be contacted in lieu of parents or guardians.

Based on the Risk Assessment, Parental Notification may include the following information:

- the circumstances leading to a referral for Risk Assessment;
- a brief explanation that the Risk Assessment is required by policy;
- a recommendation to consider reasonable next steps based on perceived student need, typically including but not limited to, following up immediately with crisis services or their outpatient mental health or primary care provider (e.g., for a mental health evaluation);
- an Authorization to Use and Disclose Protected Health Information form to allow communication with outside health care providers (e.g., regarding the student's safety plan);
- contact information for crisis services (e.g., "Crisis services are available at 503-988-4888 in Multnomah County, 503-291-9111 in Washington County, 503-655-8585 in Clackamas County, and 800-273-8255 Nationwide."); and
- a recommendation to call 911 (or go to an Emergency Department) in an emergency.

When indicated by the Risk Assessment, urgent outside referral may include, but is not limited to, working with the parent or guardian to set up an outpatient mental health or primary care appointment and conveying the reason for referral to the health care provider; in some instances, particularly life-threatening situations, Le Monde may be required to contact emergency services, arrange for assessment by mobile crisis services (that can come to the school), or arrange for the student to be transported to the local Emergency Department or crisis services clinic, preferably by a parent or guardian.

- Multnomah County Crisis Service: 1-503-988-4888
- Washington County Crisis Services: 1-503-291-9111
- Clackamas County Crisis Services: 1-503-655-8585

If a parent or guardian is unavailable by phone and an adult or minor authorized to pick up the student arrives to pick up the student, the student may be released to the authorized adult or minor after Parental Notification has been made to an authorized adult. **If there is no parent, guardian or authorized adult available, do not release the student from school (e.g., do not release the student to a sibling under age 18).**

When a student indicates suicidal intent, Le Monde shall attempt Lethal Means Counseling with a parent or guardian to plan for safety at home by limiting the student's access to mechanisms for carrying out a suicide attempt (e.g., guns, knives, pills, etc.). **Lethal Means Counseling shall include asking a parent or guardian whether or not the student has access to firearms, medications or other lethal means and discussing the following:**

Firearms

- Inquire of a parent or guardian if firearms are kept in the home or are otherwise accessible to the student (e.g., joint custody situation, access to guns in the homes of friends or other family members).
- If there are guns at home (or accessible to the student):
 - Recommend that parents or guardians store all guns away from home (or where they are accessible to the student) while the student is struggling — e.g., following state laws, store their guns with a relative, gun shop, or the police. Be open to discussing the parent or guardian's concerns and helping problem-solve around offsite storage. Avoid a negative attitude about guns — accept parents or guardians where they are, but make the recommendation in a way that might convey to the parent or guardian that offsite storage can be an important, immediate way to reduce risk and protect the student.
 - Explain that in-home locking is not as safe as offsite storage, as children and adolescents sometimes find the keys or get past the locks.
- If a parent or guardian won't or can't store offsite:
 - Explain that the next safest option is to unload guns, lock them in a gun safe, and lock ammunition separately (or don't keep ammunition at home for now).
 - If guns are already locked, ask a parent or guardian to consider changing the combination or key location — parents or guardians can be unaware that the student may know their "hiding" places or passwords.

Medications

- Recommend the parent or guardian lock up all medications (except rescue meds like inhalers), either with a traditional lock box or a daily pill dispenser.
- Recommend safely disposing of expired and unneeded medications, especially prescription pain pills.

- Recommend the parent or guardian maintain possession of the student’s medication, only dispensing one dose at a time under supervision.
- If the parent or guardian won’t or can’t lock medication, advise they prioritize and seek specific guidance from a doctor or pharmacist regarding medications and especially regarding the following:
 - Prescriptions, especially for pain, anxiety or insomnia;
 - Over-the-counter pain pills; and
 - Over-the-counter sleeping pills.

Referral to Special Education Required by Portland Public School After a Suicide Attempt or Psychiatric Hospitalization

When Le Monde staff become aware of a student having had a recent suicide attempt or psychiatric hospitalization, a referral to the Special Education Department of Portland Public Schools shall be made, if a Portland Public Schools Special Education Department staff member (or the “Child Find” section of the Portland Public Schools Special Education Procedural Manual) indicates that a referral is needed. Although Le Monde may be required by Portland Public School to make a referral to their Special Education department, Portland Public Schools is the provider of all Special Education for Le Monde students, and Portland Public Schools Special Education providers can discuss parent rights, including the right to refuse Special Education.

Returning to Le Monde After a Mental Health Crisis

For students returning to Le Monde after a mental health crisis (e.g., suicide attempt or psychiatric hospitalization), whenever possible, the Suicide Prevention Coordinator, another designated professional qualified to assess suicide risk, the Executive Director, or designee, shall meet with the student’s parent or guardian, and if appropriate, include the student to discuss returning to Le Monde. This meeting shall address next steps needed to:

- support the student’s readiness for returning to Le Monde;
- plan for the first days back;
- ease the transition back into the school environment (e.g., whether or not the student will be required to make up missed work, the nature of check-in meetings, etc.);
- provide any necessary accommodations;
- coordinate with outside mental health providers to support the student’s return to Le Monde, if a parent or guardian would like that communication (e.g., by offering an Authorization to Use and Disclose Protected Health Information form for allowing communication with outside health care providers); and
- consider the continuum of student support available to students at Le Monde (e.g., student support from the Director of Student Support, a Section 504 Plan through Le Monde, or Special Education provided to students at Le Monde by Portland Public Schools).

The Suicide Prevention Coordinator or if the coordinator is unavailable, another designated professional qualified to assess suicide risk, the Executive Director, or designee shall disclose to the student's teachers and other relevant staff that the student is returning after the absence and may need adjusted deadlines or requirements for assignments. Decisions about whether to share specific details of mental health diagnoses with teachers and other staff shall be made with input from the student and a parent or guardian. The Suicide Prevention Coordinator or another designated professional qualified to assess suicide risk shall be generally available to teachers to discuss any concerns they may have regarding the student returning to school.

The Suicide Prevention Coordinator or if the coordinator is unavailable, another designated professional qualified to assess suicide risk, the Executive Director, or designee shall periodically check-in with the student to help with readjustment to the school community and address any ongoing concerns, including social or academic concerns. Phone calls (or other means of communication) to check-in with the student's parents or guardians shall occur at an agreed upon interval depending on the student's needs for a mutually agreed upon time period (e.g. for a period of three months). These efforts are encouraged to ensure the student and their parents or guardians are supported in the transition, with more frequent check-ins initially, and then fading check-ins over time.

Suicide Attempts at Le Monde

In the case of a suicide attempt at Le Monde, the physical and mental health and safety of the student are paramount. In these situations:

1. Call 911, if there are physical injuries, and first aid shall be rendered until professional medical services and/or transportation can be received, following Le Monde emergency medical procedures;
2. Le Monde staff shall supervise the student to ensure safety;
3. Le Monde staff shall move all other students out of the immediate area as soon as possible;
4. Le Monde staff shall immediately notify the Suicide Prevention Coordinator and Executive Director regarding the incident of a suicide attempt at Le Monde, **through varied direct means of communication, until they have confirmation that the message has been received (e.g., call)**;
5. The Suicide Prevention Coordinator or if the coordinator is unavailable, another designated professional qualified to assess suicide risk, the Executive Director, or designee shall contact the student's parent or guardian and consider urgent outside referral needs (as described in the Parental Notification and Involvement section of this document); and
6. Le Monde shall engage a Crisis Response Team (as described in the Definitions section of this document) as necessary to assess whether additional steps should be taken to ensure student safety and well-being, including those students who may have had emotional or physical proximity to the student who attempted suicide.

Since self-harm behaviors are on a continuum of level and urgency, not all instances of suicidal ideation or self-harm behavior warrant hospitalization. A Risk Assessment and mental health assessment can help determine the best next steps.

Suicide Attempts Outside of Le Monde

If a staff member becomes aware of a suicide attempt by a student that is in progress in a location outside of Le Monde, the staff member shall:

1. call 911 and tell the dispatcher as much information about the situation as possible, including the name of the student, any weapons the student may have, where the student is located;
2. inform the student's parent or guardian; and
3. inform the Suicide Prevention Coordinator and Executive Director **through varied direct means of communication, until they have confirmed that the message was received (e.g., call)**.

If a student contacts a staff member and expresses suicidal ideation, the staff member shall attempt to maintain contact with the student (either in person, online, or on the phone) and follow the steps listed above; the staff member may enlist the assistance of another person to call 911 as describe above.

After a Suicide Death/Postvention

Spokesperson

The Executive Director, or in the Executive Director's absence, the Le Monde Board President, shall be the sole Spokesperson. Staff shall refer all inquiries from the media directly to the Spokesperson. The Spokesperson shall:

- keep the Crisis Response Coordinator informed of Le Monde's actions relating to the death; and
- prepare a statement for the media, which may include the facts of the death, postvention plans, and available resources — the statement shall not include confidential information, speculation about victim motivation, means of suicide, or personal family information; and
- approve statements written by the Crisis Response Team for staff, students, and parents or guardians.

The Spokesperson shall answer all media inquiries. If a suicide is to be reported by news media, the Spokesperson shall encourage reporters to follow safe messaging guidelines (e.g. not to make it a front-page story, not to use pictures of the suicide victim, not to use the word suicide in the caption of the story, not to describe the method of suicide, and not to use the phrase "suicide epidemic") to mitigate the risk of suicide contagion. The Spokesperson shall encourage media not to link bullying to suicide, and not to speculate about the reason for suicide and instead offer the community information on suicide risk factors, warning signs, and resources available.

Development and Implementation of a Crisis Response Plan

The Crisis Response Team, led by a Crisis Response Coordinator (who may be a third-party contractor) designated by the Spokesperson, will follow the following Crisis Response Plan to guide Le Monde's response following a death by suicide. This plan is applicable to all Le Monde community related suicides whether it be student (past or present), staff, or other prominent Le Monde community member. A meeting of the Crisis Response Team to implement the plan shall take place immediately following word of the suicide death, even if the death has not yet been confirmed to be a suicide. The Crisis Response Team may refer to additional information on responding to a suicide death in the document, *After A Suicide: A Toolkit for Schools* (2018).

Crisis Response Plan Steps

Step 1: Get the Facts to Determine Cause of Death

The Crisis Response Coordinator, Executive Director, or other designated Le Monde official (e.g. the Board President) shall confirm the death and determine the cause of death through communication with the student's parent or guardian, the coroner's office, local hospital, or police department. Before the death is officially classified as a suicide by the coroner's office, the death shall be reported to staff, students, and parents or guardians, with an acknowledgement that its cause is unknown. When a case is perceived as being an obvious instance of suicide, it shall not be labeled as such until after a cause of death ruling has been made. If the cause of death has been confirmed

as suicide but the parent or guardian prefers the cause of death not be disclosed, Le Monde may release a general statement without disclosing the student's name (e.g., "We had an eighth-grade student die over the weekend"). If the parents or guardians do not want to disclose the cause of death, an administrator or mental health professional from Le Monde who has a good relationship with the family shall be designated to speak with the parents or guardians to explain the benefits of sharing mental health resources and suicide prevention with students. If the family refuses to permit disclosure, Le Monde may state "The family has requested that information about the cause of death not be shared at this time." Staff may also use the opportunity to talk with students about suicide, after pre-approval with the Spokesperson.

Step 2: Assess the Situation

The Crisis Response Team shall meet to prepare a postvention response according to the Crisis Response Plan. The Crisis Response Team shall consider how the death is likely to affect other students, and determine which students are most likely to be affected. The Crisis Response Team shall also consider how recently other traumatic events have occurred within the Le Monde community and the time of year of the suicide. The Crisis Response Team and Executive Director shall triage staff first, and all teachers directly involved with the victim shall be notified, preferably in-person, and offered the opportunity for support.

Step 3: Share Information

Inform the faculty and staff that a sudden death has occurred, preferably in an all-staff meeting. The Crisis Response Team shall provide a written statement approved by the Spokesperson for staff members to share with students. The Crisis Response Team shall also assess staff's readiness to provide this message in the event a designee is needed to share with students for a staff member. The statement shall include the basic facts of the death (without providing details of the suicide method), known funeral arrangements, recognition of the sorrow the news will cause, and information about the resources available to help students cope with their grief. Staff shall respond to questions only with factual information that has been confirmed. Staff shall dispel rumors with facts, be flexible with academic demands, encourage conversations about suicide and mental health, normalize a wide range of emotional reactions, and know the referral process and how to get help for a student. Avoid public address system announcements and school-wide assemblies in favor of face-to-face notifications, including small-group and classroom discussions. The Crisis Response Team may prepare a letter for the Spokesperson's approval — with the input and permission from the student's parent or guardian — to communicate with parents or guardians that includes facts about the death, information about what Le Monde is doing to support students, the warning signs of suicidal behavior, and a list of resources available. If necessary, a parent meeting may also be planned.

Step 4: Avoid Suicide Contagion

Actively triage particular risk factors for contagion, including emotional proximity (e.g., siblings, friends, or teammates), physical proximity (witness, neighbor) and pre-existing mental health issues or trauma. Explain in an all-staff meeting that one purpose of trying

to identify and provide services to other high-risk students is to prevent another death. The Crisis Response Team shall work with teachers to identify students who are most likely to be significantly affected by the death, or who exhibit behavioral changes indicating increased risk. In the staff meeting, the Crisis Response Team shall review suicide warning signs and procedures for referring students who present with increased risk. For those school personnel who are concerned that talking about suicide may contribute to contagion, it has been clearly demonstrated through research that talking about mental health and suicide in a nonjudgmental, open way that encourages dialogue and help-seeking does not elevate risk.

Step 5: Initiate Support Services

Students identified as being more likely to be affected by the death will be assessed by the Suicide Prevention Coordinator (or other designated professional qualified to assess mental health) to determine the level of support needed. The Crisis Response Team shall coordinate support services for students and staff in need of individual and small group counseling as needed. The Suicide Prevention Coordinator and other designated mental health professionals will provide on-going and long term support to students impacted by the death of the student, as needed. If long term intensive services by an outside provider are warranted, the Suicide Prevention Coordinator and other designated mental health professional will collaborate with that provider and the family to ensure continuity of care between Le Monde, the home, and the community. Together with parents or guardians, Crisis Response Team members shall provide information for partner community mental health providers, or providers with appropriate expertise, to ensure a smooth transition from the crisis intervention phase to meeting underlying or ongoing mental health needs. These discussions may include debriefing (orientation to the facts), reflection on memories, reminders for and re-teaching of coping skills, and encouraging spending time with friends and caregivers as soon as possible. Students and staff affected by the suicide death shall be encouraged to return to a normal routine as much as possible, understanding that some deviation from routine is to be expected.

Step 6: Develop Memorial Plans

Le Monde shall not have planned on-campus physical memorials (e.g. photos, flowers, locker displays), funeral services, tributes, or flags flown at half-staff, because these may inadvertently sensationalize the death and encourage suicide contagion among vulnerable students. Spontaneous memorials from students expressing their grief may be left in place until after the funeral (or for up to approximately 5 days), if practicable, and Le Monde shall leave a notice for when the memorial will be removed and given to the student's family. Cards, letters, and pictures may be given to the student's family after being reviewed by the Crisis Response Team. If items indicate that additional students may be at increased risk for suicide and/or in need of additional mental health support (e.g. writing about a wish to die or other risk behavior), outreach shall be made to those students to help determine the level of risk and appropriate response.

It is noteworthy that even items that are inappropriate to share with families may have been therapeutic for the students to create. Allowing for these memorials to stay in place for a brief period (as described above), and monitoring memorials while in place, is

recommended to avoid hostile and glamorizing messaging and to monitor for at-risk students.

Le Monde shall not establish online memorial pages. School shall not be canceled for the funeral or for reasons related to the death. The Crisis Response Team may refer to additional information about memorials after a suicide death in the Memorialization section of the document, *After A Suicide: A Toolkit for Schools* (2018).

Step 7: Postvention as Prevention

Following a student suicide, Le Monde may take the initiative to review and/or revise existing policies.

Definitions

At-Risk

Suicide risk exists on a continuum with various levels of risk. Each level of risk requires a different level of response and intervention by Le Monde. A student who is at a high-risk for suicide could be one who has made a suicide attempt, has the intent to die by suicide, or has displayed a significant change in behavior suggesting the onset of potential mental health conditions or a deterioration of mental health. The student may have thoughts about suicide, including potential means of death, and may have a plan. In addition, the student may exhibit behaviors or feelings of isolation, hopelessness, helplessness, and the inability to tolerate any more pain. This situation would necessitate a referral, as documented in the following procedures. The type of referral, and its level of urgency, shall be determined by the student's level of risk, as determined by a Risk Assessment.

Crisis Response Team

A team of leadership staff, mental health professionals, safety or crisis professionals, and/or support staff whose primary focus is to address crisis preparedness, intervention, response and recovery. At Le Monde, Crisis Response Team members typically include the Director of Student Support, the Executive Director, and others including support staff and/or teachers. Members might also include school psychologists, school counselors, school social workers, and school nurses. Professionals specifically trained in areas of crisis preparedness typically take a leadership role in developing crisis plans, ensuring school staff can effectively execute various crisis protocols. Crisis Response Team members who are mental health professionals may provide crisis intervention and services, typically in coordination with and following the direction of outside mental health professionals providing more comprehensive care for the student outside of Le Monde.

Mental Health

A state of mental, emotional, and cognitive health that can impact perceptions, choices and actions affecting wellness and functioning. Mental health conditions include depression, anxiety disorders, post-traumatic stress disorder (PTSD), and substance use disorders. Mental health can be impacted by the home and social environment, early childhood adversity or trauma, physical health, and genes.

Risk Assessment

An evaluation of a student who may be at-risk for suicide, conducted by designated Le Monde staff qualified to provide suicide risk assessment (e.g., school psychologist, school social worker, school counselor, or in some cases, trained school administrator) or an approved outside health care provider. This assessment is designed to elicit information regarding the student's intent to die by suicide, previous history of suicide attempts, presence of a suicide plan and its level of lethality and availability, presence of support systems, and level of hopelessness and helplessness, mental status, and other relevant risk factors.

Risk Factors for Suicide

Characteristics or conditions associated with an increased chance that a person may attempt to take their life. Suicide risk is most often the result of multiple risk factors converging at a moment in time. Risk factors may encompass biological, psychological, and/or social factors in the individual, family, and environment. The likelihood of an attempt is highest when factors are present or escalating, when protective factors and healthy coping techniques have diminished, and when the individual has access to lethal means.

Self-Harm

Behavior that is self-directed and deliberately results in injury or the potential for injury to oneself. Self-harm behaviors can be either non-suicidal or suicidal. Although non-suicidal self-injury (NSSI) lacks suicidal intent, youth who engage in any type of self-harm should receive mental health care. Treatment can improve coping strategies to lower the urge to self-harm, and reduce the long-term risk of a future suicide attempt.

Suicide

Death caused by self-directed injurious behavior with any intent to die as a result of the behavior.

NOTE: *The coroner's or medical examiner's office must first confirm that the death was a suicide before any Le Monde official may state this as the cause of death. Additionally, parent or guardian preference shall be considered in determining how the death is communicated to the larger community.*

Suicide Attempt

A self-injurious behavior for which there is evidence that the person had at least some intent to die. A suicide attempt may result in death, injuries, or no injuries. A mixture of ambivalent feelings, such as a wish to die and a desire to live, is a common experience with most suicide attempts. Therefore, ambivalence is not a reliable indicator of the seriousness or level of danger of a suicide attempt or the person's overall risk.

Suicidal Behavior

Suicide attempts, injury to oneself associated with at least some level of intent to die, developing a plan or strategy for suicide, gathering the means for a suicide plan, or any other overt action or thought indicating intent to end one's life.

Suicidal Ideation

Thinking about, considering, or planning for self-injurious behavior that may result in death. A desire to be dead without a plan or the intent to end one's life is still considered suicidal ideation and shall be taken seriously.

Suicide Contagion

The process by which suicidal behavior or a death by suicide influences an increase in the suicide risk of others. Identification, modeling, and guilt are each thought to play a role in contagion. Although rare, suicide contagion can result in a cluster of suicides within a community.

Postvention

Suicide postvention is a crisis intervention strategy designed to assist with the grief process following suicide loss. This strategy, when used appropriately, reduces the risk of suicide contagion, provides the support needed to help survivors cope with a suicide death, addresses the social stigma associated with suicide, and disseminates factual information after the death of a member of the Le Monde community. Often a community or school's healthy postvention effort can lead to readiness to engage further with suicide prevention efforts and save lives.

Sample Language for the Family Handbook

Protecting the health and well-being of all students is of utmost importance to Le Monde French Immersion Public Charter School (Le Monde). Le Monde has adopted a Suicide Prevention Policy to help protect all students.

Students will learn about mental health using developmentally-appropriate educational materials integrated into the curriculum of all K-8 health classes and other classes as appropriate (for example, the importance of safe and healthy choices, coping strategies focused on resiliency building, recognizing warning signs of distress in friends, and seeking help for oneself and friends). This curricular content will occur throughout the school year, not just in response to a suicide.

Le Monde has designated the Director of Student Support as Le Monde's Suicide Prevention Coordinator to serve as a point of contact for students in crisis and refer students to appropriate resources. When a student is identified as being at-risk, a risk assessment will be completed to help connect the student to appropriate resources.

Students can contact these resources for additional support:

- OregonYouthLine.org: call 1-877-968-8491 or text teen2teen to 839863
Youth ages 15-20 years old answer calls 4pm-10pm Pacific, and adults are available all day and night.
- SuicidePreventionLifeline.org: call 1-800-273-TALK (8255)
- CrisisTextLine.org: text TALK to 741-741
- TheTrevorProject.org: call 1-866-488-7386 or text "TREVOR" to 678-678
The Trevor Project is for LGBTQ young people.

Families and students can contact these Portland-area crisis services:

- in Multnomah County: call 1-503-988-4888
- in Washington County: call 1-503-291-9111
- in Clackamas County: call 1-503-655-8585

All Le Monde staff and students are expected to help create a school culture of respect and support, in which students feel comfortable seeking help for themselves or friends. Students are encouraged to tell any staff member if they or a friend are feeling suicidal, or are in need of help. Although privacy is important, students should know that when there is risk of suicide, safety comes first—a secret about suicide is good to share with trusted adults.

For a more detailed review of the policy, please see Le Monde's full Suicide Prevention Policy on the Le Monde website under "Parent Resources".