



NEW! Social Emotional Curriculum

SOS- Signs of Suicide



Why New Curriculum?

- New CA law (AB 2246) requires a suicide prevention curriculum be implemented this school year in grades 7-12.
- CCHS will continue to build supports and foster resiliency for our students
- Suicide is the 2nd leading cause of death among adolescents aged 11-18
- More than 90% of people who die by suicide have a diagnosable mental health disorder, like depression, which is treatable



Universal Suicide Prevention is Important!

GOAL:

Help students recognize the symptoms of depression and warning signs of suicide in themselves or their friends, and teach them the appropriate steps they should take to get help. The purpose is not the diagnose students with depression but is to connect students in need to mental health supports on and off campus.

A universal prevention program can help our community discuss mental health issues, differentiate between normal development and a more serious mental health issue, and encouraging students to seek help for themselves or a friend through a trusted adult.



Let's Talk Terminology

RISK FACTOR:

Any personal trait or environmental quality that is associated with an increased risk for suicide. These are **not** necessarily causes.

- History of drug/ alcohol use
- History of mental illness
- Previous suicide attempts
- Access to lethal weapons
- Exposure to suicidal behavior in others
- Family history of mental illness
- History of significant loss
- Struggles with sexual orientation/ gender identity



Let's Talk Terminology

WARNING SIGN:

An indication that an individual may be experiencing depression or thoughts of suicide. Most suicidal individuals give warning signs or signals of intentions.

- Changes in eating or sleeping
- Increased irritability/ moodiness/ rapid fluctuation in mood
- Decreased interest in usual activities/ hobbies
- Isolation
- Involvement in the law

PRECIPITATING EVENT:

A recent life event that serves as a trigger, moving an individual from thinking about suicide to attempting to take their own life. Precipitating events are often confused with causing suicide. No single event causes suicide; other risk factors are typically present.



Let's Talk Terminology

PROTECTIVE FACTORS:

Personal traits or environmental qualities that can reduce the risk of suicidal behavior. Protective factors does not imply that anyone is immune to suicide, but help reduce risk.

Protective factors may include:

- Strong problem solving skills
- Positive self image
- Spiritual faith
- Close family relationships
- Strong peer support system
- Involvement in hobbies/ activities
- Community connectedness
- Access to treatment/ mental health supports
- Restricted access to firearms/ other means



Confidentiality

What you say in here... stays in here... unless:

1. Someone is hurting you
2. You want to hurt someone
3. You want to hurt yourself



Training Trusted Adults Video

SOS Presentations

- Second Semester
 - 9th Grade - Health/Global
 - 11th Grade - TBA

BASED ON THE VIDEO AND/OR SCREENING, I FEEL

I need to talk to someone ...

I do not need to talk to someone ...

ABOUT MYSELF OR A FRIEND.

NAME (PRINT) _____

COUNSELOR OR HOMEROOM TEACHER _____

IF YOU WISH TO SPEAK WITH SOMEONE, YOU WILL BE CONTACTED WITHIN 24 HOURS. IF YOU WISH TO SPEAK WITH SOMEONE SOONER, PLEASE APPROACH STAFF IMMEDIATELY.

Parents are able to opt-out of their student participating in this curriculum by providing a dated & signed letter to the counseling office by December 1st



CCHS Counseling Team

Student's Last Name begins with:

A - Davila:	James Smith	x3551	jamessmith@ccusd.org
Davis - Iglesias Alas:	Dan Fagas	x3319	danielfagas@ccusd.org
Inocencio - McKinley:	Catherine Lenke	x3398	catherinelenke@ccusd.org
McKinney - Reyes Gorostieta:	Magali Bourget	x3230	magalibourget@ccusd.org
Ribordy - Z:	Steve Gyepes	x3309	stevegyepes@ccusd.org
Intervention:	Ida Spencer		idaspencer@ccusd.org
Intervention:	Rosa Maldonado		rosamaldonado@ccusd.org