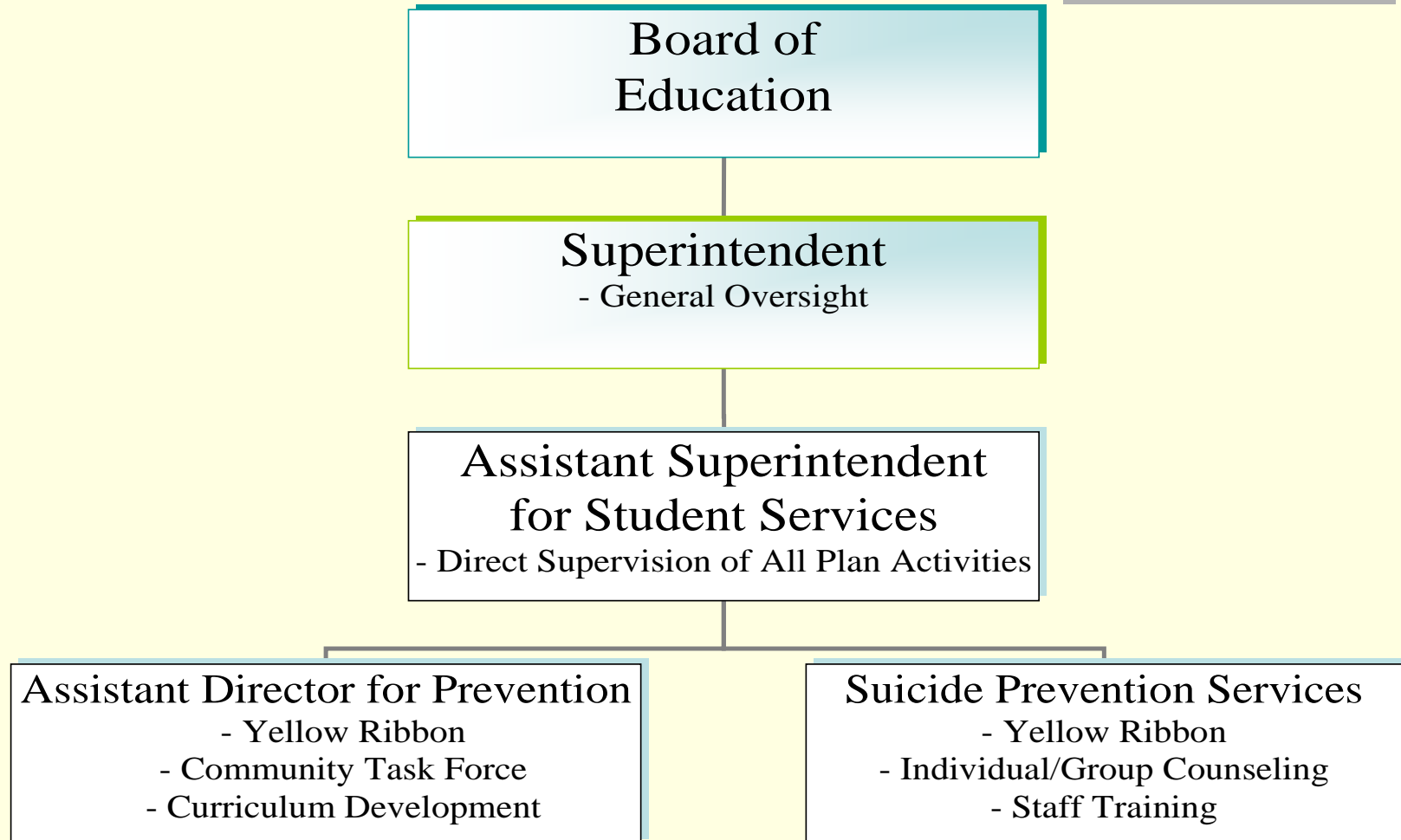

District 303

Suicide Prevention Action Plan

June 10, 2009

Action Plan Org Chart



Categories and Strategies

- 10 categories containing multiple strategies were synthesized from the work activities
- The categories fit into four broad areas from which goal statements have been created
 1. Students
 2. Parents
 3. Community
 4. Staff

Four Goals

1. **STUDENTS** - All District 303 students will know what supports are available for suicide and depression and where to go for help at school and in the community
2. **PARENTS** - All District 303 parents will know what supports are available for suicide and depression and where to go for help at school and in the community

Four Goals

3. **COMMUNITY** - The community will understand the importance of our students' mental health and identify opportunities to support our students and parents
4. **STAFF** - All staff will be trained in recognizing students who are at risk for suicide and depression and provide appropriate level of support

STUDENTS will know supports...

- Social Workers/Counselors/Student Assistance Counselors will visit MS/HS classes 1st and 3rd quarters to describe services
- Social Workers/Counselors/Student Assistance Counselors will provide information at 6th grade and Freshman orientations

STUDENTS will know supports...

- Student Services will “advertise” via:
 - Pamphlets, bulletin boards, posters
 - Regular announcements regarding availability of services
 - Contact information on student ID’s
- Instruction will emphasize gatekeeper model for students. Students must realize need of bringing forward concerns about their peers.

STUDENTS will know supports...

- Student Services will conduct surveys:
 - To gauge student understanding of content
 - To identify at-risk students
- Student Services will assess students' understanding of content and roles for self- and other- reporting
- Electronic communication strategies consistent with student preferences will be developed. For example, Facebook, Twitter, Texting, etc.

STUDENTS will know supports...

- Student Services will implement Yellow Ribbon groups at each high school to provide support and feedback to District efforts
- Other student programs designed to promote resiliency and emotional health will be explored
- Student Services will refine a list of outside resources and ensure it is provided to all students and families

STUDENTS will know supports...

- A contractual relationship will be formed with Suicide Prevention Services to provide individual and group counseling for students and to provide consultation/leadership with Yellow Ribbon (pending Board of Education approval)

PARENTS will know supports...

- Regular parent training opportunities will be provided at least twice a year by Student Services and Suicide Prevention Services
- Parents will receive outreach/educational information annually before school starts
- A parent review/advisory group will be formed to support and inform suicide prevention activities
- Student Services will refine a list of outside resources and ensure it is provided to all students and families

COMMUNITY will understand...

- Community representatives will be invited to form a Community Mental Health Task Force during the 2009-10 school year
 - To provide community communication
 - Provide community education; and
 - Develop a community awareness campaign

STAFF will be trained...

- Student Services and Learning & Teaching will review and strengthen mental health/suicide curriculum to:
 - Ensure developmental appropriateness
 - Ensure broad coverage
 - Strengthen resiliency/wellness components

STAFF will be trained...

- Student Services and Learning & Teaching will ensure that every student receives four days of instruction per year in grades 9-12
- Student Services will review its current model of monitoring at-risk students
- Student Services will share global results of assessment surveys with students

STAFF will be trained...

- Staff members will be encouraged to explore innovative practices to support students
- School structures that support student mental health will be investigated and implemented
- Suicide Prevention Services will provide all staff training at the middle school/high school
- District will form contractual relationship with Suicide Prevention Services to provide staff training (pending Board of Education approval)

STAFF will be trained...

- District will hire an additional staff member for each high school dedicated to supporting suicide prevention for the next two years (pending Board of Education approval)
- Through a Mental Health Task Force (***Summit 303***) the district will determine if there is sufficient staff available to support student mental health

STAFF will be trained...

- Student Services will identify specific data points to evaluate impact of mental health/suicide prevention efforts
 - Ciffone model of relevance

Middle School Resources

■ Haines

- Terry Kinsella, Social Worker 630-513-4404
- Leigh Gary, Counselor 630-377-4826
- Kristen Gherig, Counselor 630-587-7215
- Ann Melody, Counselor 630-377-4828
- Torrey Dunk, Student Assist. Counselor 630-587-7247

■ Thompson

- Lauren Carlson, Social Worker 630-513-2285
- Jamie Dietrich, Counselor 630-513-4401
- Barbara Rooney, Counselor 630-377-4875
- Jacques Slaiher, Student Assist. Counselor 630-587-7121

■ Wredling

- Stephanie Riddell, Social Worker 630-587-7182
- Sandy Spiegle, Social Worker 630-443-3371
- Christine McPeak, Counselor 630-443-5696
- Jill Nettleton, Counselor 630-443-3385
- Jean Osborne, Counselor 630-443-3386
- Mike Cortina, Student Assist. Counselor 630-443-5694

High School Resources

■ **St Charles East**

- Renee Koch, Social Worker 630-443-3452
- Michelle Otto, Social Worker 630-513-4411
- Courtney Pupich, Social Worker 630-377-4768
- Kari Batka, Counselor 630-377-4767
- Jeff Bialeschki, Counselor 630-377-4765
- Mark Pereda, Counselor 630-377-4763
- Lisa Cole, Counselor 630-377-4727
- Geri Shouba, Counselor 630-377-4766
- Sheila Vining, Counselor 630-513-2264
- Pat Emery, Student Assist. Counselor 630-377-4726

■ **St Charles North**

- Susan Prigge, Social Worker 630-443-5629
- Susan Terronez, Social Worker 630-443-5626
- Amy Collins, Counselor 630-443-5714
- Bob Freitag, Counselor 630-587-7135
- Jeanine James, Counselor 630-443-5638
- Matt Kirby, Counselor 630-443-5717
- Dina Klancir, Counselor 630-443-5715
- Larry Nothnagel, Counselor 630-587-7146
- Pat Radke, Student Assist. Counselor 630-443-2758

Community Resources

- Included in your packet are community resources for:
 - Alcohol and Drug Abuse Counseling
 - Behavioral Health Hospitals
 - Suicide Assessment Resources
 - 24-hour Hotline Numbers
 - Depression Hotline 630-482-9696
 - National Crisis Lines 800-784-2433
800-273-8255