

Suicide Prevention Plan Gateway Academy

Gateway Academy recognizes that suicide is a leading cause of death among youth and that an even greater amount of youth consider and attempt suicide. In accordance with Utah Rule [53G-9-702\(2\)](#), Gateway has outlined the following plan for suicide prevention.

The Suicide Prevention policy is based on research and best practices in suicide prevention, and has been adopted with the understanding that suicide prevention activities decrease suicide risk, increase help-seeking behavior, identify those at risk of suicide, and decrease suicidal behaviors.

Overall Strategic Plan for Suicide Prevention

To ensure the policies regarding suicide prevention are properly adopted, implemented, and Updated, the school counselor will serve as the suicide prevention administrator for Gateway Academy. In addition, they are responsible for coordinating and implementing suicide prevention activities on campus.

Suicide Prevention Training for Staff

Suicide prevention and intervention training shall be provided to administration, counselors, teachers, and other school employees.

- All suicide prevention trainings shall be offered under the direction of our school counselor and administrators who have received advanced training specific to Suicide.
- Staff training can be adjusted year-to-year based on previous professional development activities and emerging best practices.
- Annually, all staff shall participate in training on the core components of suicide prevention through staff development. Core components of general suicide prevention training may include:
 - Identification of suicide risk factors and warning signs, prevention, intervention, referral, and crisis intervention and response.
 - Protective factors that may help to decrease a person's suicide risk
 - How to talk with a student about thoughts of suicide.
 - How to respond appropriately to the youth who has suicidal thoughts
 - Such responses shall include constant supervision of any student judged to be at risk for suicide and an immediate referral for a suicide risk assessment.
 - Emphasis on immediately referring (same day) any student who is identified to be at risk of suicide for assessment while staying under constant monitoring by a staff member

- Emphasis on reducing stigma associated with mental illness and that early prevention and intervention can drastically reduce the risk of suicide
- School Counselor will keep current in training on best practices for suicide prevention, etc.

Suicide Prevention Strategies & Programs for Students

- Elementary student body will receive
 - In-class, life-affirming education, including concepts of resiliency, healthy habits, self-care, problem solving, conflict resolution, family relationships, and peace.
 - Targeted in-class discussions to address needs identified by teachers and students, including topics such as bullying, sharing, social skills, and communication.
- Middle School student body will receive
 - Resilience program as part of the core curriculum, building on elementary life-affirming education as described above.
 - Mentorship with assigned faculty member who checks in with students regularly
 - Regular in-class counselor workshops for mental health, including but not limited to anxiety, depression, self-esteem, suicide prevention, coping strategies, perception, communication.
- Smaller student group interventions
 - Student-nominated Hope Squad with QPR training
 - Identified students with behavioral needs or concerns are given Zones of Regulation training
- Individual intervention and prevention
 - Counseling and intervention services as needed
 - SafeUT access provided for all students and monitored by school staff

Employee Qualifications and Scope of Services

Employees at Gateway Academy must act only within the authorization and scope of their license. While school professionals are trained to identify suicide risk factors/warning signs, and the immediate risks of suicidal behavior, treatment of suicidal ideation is typically beyond the scope of services offered in the school setting. In addition, treatment of the mental health challenges often associated with suicidal thinking typically requires mental

health resources beyond what schools are able to provide. In these cases, the school will provide information regarding resources for additional support.

Parents, Guardians, and Caregivers Participation and Education

The Suicide Prevention Plan shall be displayed on the Gateway Academy website, and shall be reviewed by the board with opportunities for parent and community input.

Responding After a Suicide Death (Crisis Intervention and Response)

A death by suicide in the school community (whether by a student or staff member) can have devastating consequences on students and staff. In the unfortunate event of a death by suicide, Gateway Academy will partner with Iron County's Crisis Response team to provide appropriate support.