

**The Vermont Department of Mental Health and
Center for Health & Learning present**

The *Lifelines* Program for Suicide Prevention: Creating Communities of Hope

To help your school meet the requirements of Vermont law H.630 while working toward student academic success, the Vermont Department of Mental Health is offering you the opportunity to implement the *Lifelines* curriculum in your school. This offer is made through the Vermont Youth Suicide Prevention Coalition. Training and technical assistance will be provided by the Center for Health and Learning.

The *Lifelines* Program for Middle and High Schools

Lifelines has four components:

1. Gatekeeper Training – Provides information for school-based professionals on how to intervene when signs of suicide are evident (1-day session)
2. Protocol Development Training – Teaches administrators how to set up procedures to insure collaboration between school personnel and community-based mental health and medical professionals (half-day session)
3. Training of Trainers – Gatekeepers learn how to provide an in-service training for all school personnel and parents (half-day session)
4. *Lifelines* Curriculum Training – Trains middle school and high school health teachers in the use of the *Lifelines* lessons and the materials for the education of their students (1-day session available in late 2009)

The *Lifelines* Curriculum

Lifelines is a four-lesson curriculum on suicide prevention, which includes recognizing warning signs that someone might be in distress and knowing how to get help. Through discussion, videos and practice, students learn that suicide is preventable and that caring adults are available to help.

Schools that wish to use the *Lifelines* curriculum are required to participate in components 1-3 prior to implementation of the curriculum in order to ensure that parents and professionals are ready to respond when youth have mental health needs.

Who Should Attend?

To maximize the success of suicide prevention at your school, you must create a team by identifying various individuals who will be key to implementing the *Lifelines* program. The team should include:

- Administrative Sponsor – Principal, Assistant Principal or other administrator who follows through on your school's commitment to implement the *Lifelines* curriculum and establish protocols and a memorandum of understanding between schools and community mental health professionals
- School Liaison – School Counselor or Nurse who acts as the contact person at your school for information and training on youth suicide prevention. This person also provides information to the Vermont Youth Suicide Prevention Coalition about suicide interventions or attempts in your community
- Community Liaison – Counselor, Therapist or other professional associated with a mental health center in your area who maintains communication between your school and other community professionals
- Health Educators – One, or preferably two, middle school and high school teachers who will implement the four lessons of the *Lifelines* curriculum in the classroom

What You Get

As a participant in the *Lifelines* program, your school will receive the following:

- Gatekeeper Training – One full day of training on information about the incidence of suicide, the warning signs and symptoms, the restriction of lethal means, risk factors and intervention strategies. This training is required for your School Liaison (Nurses and Counselors) and recommended for Administrative Sponsors, Community Liaisons and Health Educators.

- Administrator Training – One half day of training for Administrative Sponsors and Community Liaisons to develop protocols for suicide prevention, intervention and postvention.
- Training of Trainers – One half day of training for School Liaisons which will enable them to conduct Awareness Training with all the staff at their school.
- Technical Assistance – Access to advice and resources to implement the *Lifelines* program with success and fidelity.

What We Need from You

As a participant in the *Lifelines* Program, your school will be asked to do the following:

- Identify individuals for the roles of School Liaison, Administrative Sponsor, Community Liaison and Health Teachers
- Commit to attending all required training for the above roles
- Develop protocols between your school and community mental health professionals for suicide prevention, intervention and postvention before teaching the *Lifelines* lessons to students
- Agree to provide a two-hour in-service training for all staff about youth suicide awareness
- Agree to teach the *Lifelines* lessons to students in late 2009
- Agree to provide data about the number of staff and students trained and the number and occurrence of youth suicide interventions, attempts, and deaths in your community to researchers representing the Vermont Youth Suicide Prevention Coalition

Costs

Cost for the training is \$35/day per participant to cover food and meeting rental expenses. (Schools will also need \$150 to purchase the *Lifelines* curriculum, which will be offered in late 2009 through early 2010.) The Vermont Youth Suicide Prevention Coalition will provide all training materials and a \$500 mini grant to each school to help implement training about suicide prevention to parents.

Dates and Locations

Sept. 15 2009	Gatekeeper Training	8:30am – 5:30pm	Killington
Sept 16 2009	Training of Trainers	8:30am – 12:00pm	Killington
	Protocol Development Training	1:00pm – 4:30pm	Killington
Oct 14 2009	Gatekeeper Training	8:30am – 5:30pm	Stowe
Oct 15 2009	Training of Trainers	8:30am – 12:00pm	Stowe
	Protocol Development Training	1:00pm – 4:30pm	Stowe
Nov 4 2009	Gatekeeper Training	8:30am – 5:30pm	Montpelier
Nov 5 2009	Training of Trainers	8:30am – 12:00pm	Montpelier
	Protocol Development Training	1:00pm – 4:30pm	Montpelier

Registration

Team members must register individually online at www.healthandlearning.org where they will be asked to identify their role in the *Lifelines* Program in addition to their organizational role.

The Vermont Youth Suicide Prevention Coalition (VYSPC) is a group of health, mental health, education, law enforcement, youth-serving professionals, young adults and survivors of suicide who are committed to reducing the stigma of mental health conditions and providing youth with the knowledge and skills to get the help they need. The *Lifelines* program is offered through a grant from the Garrett Lee Smith Memorial Act administered in Vermont by the Center for Health and Learning in Brattleboro with the support of the Vermont Department of Mental Health and the VYSPC.

For further information, please contact:
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