

# PREVENTING SUICIDE – GUIDELINES FOR 4J STAFF AT CHURCHILL HIGH SCHOOL

## ***During school hours (8am-4pm)***

1. Anyone with a concern for a student with suicidal thoughts should immediately text the following staff:

Lancelot Falcon	503-473-1774	Casandra Kamens	541-554-1236
Greg Borgerding	206-795-0305	Kim Roellig	541-760-2578

Please provide student contact information and location if able. This team will identify a screener, who will contact the student to provide support, assess the needs, and determine the next steps. CHS screeners include school counselors, school nurse, school psychologist, and administrators.

## ***Outside of school hours***

1. If you learn about a student's **suicidal intent** after school hours or on non-school days, the staff member who first learns of this (whether learned first- or second-hand) **must immediately call 911**.
  - a. If a staff member is with the student, stay with the student, unless there is a real and immediate threat to the staff member's well being.
  - b. Inform the student's parent/guardian that 911 was called and circumstances of the call.
  - c. Text Lancelot, Casandra, Greg, and Kim to inform.
  - d. Document events in writing the day of the crisis.
2. If you see clues or warning signs WITHOUT reports of suicidal intent after school hours or on non-school days.
  - a. Text or email Lancelot, Casandra, Greg, and Kim. They will identify a screener. This may happen on the next school day.
  - b. Call parent to report concerns.

## ***Follow-up care***

1. Check in with administrator, nurse, counselor, or school psych for updated information.
2. Check in with the student, if appropriate, and document any actions you have taken.

## ***Screener***

The screener takes the following steps, depending on the needs/severity of the situation:

- a. Mild concerns:
  - i. Call the parent and offer resources (suicide crises phone number, Crises Response Team number, counseling referrals).
  - ii. Front Office can help with phone calls.
- b. Moderate concerns (e.g., currently has thoughts but no plan):
  - i. Call the parent (inform, advise about supervision, etc.) and offer resources.
  - ii. Front Office can help with phone calls.
  - iii. Make a "NO harm" contract with student.
  - iv. Consult with others at school: the health center/ teacher/ counselor/ administrator.
  - v. Contact/inform the student's therapist. If there is no therapist, make a referral.
  - vi. Don't leave the student.
- c. Severe concerns (e.g., seems serious, has a plan or has made an attempt, refuses to sign a "no harm" contract, etc.):
  - i. Apply "Moderate concerns" steps as appropriate.
  - ii. Have the parent/guardian come to the school for student. Advise, offer resources.
  - iii. As best fits the situation, have the parent take the child:
    1. For a second evaluation (see the resource list for ideas such as the Child Center, Crises Response Program, a mental health therapist, the health center, primary care physician, etc.).
    2. For emergency care: Emergency Room on 1255 Hilyard Street (541)686-6931. Notify the emergency room that the student is on the way.
    3. If the parent is not available to take the child, other options to transport the student for immediate care are Cahoots or the SRO. (Student may be handcuffed).

## PREVENTING SUICIDE – RESOURCES

### ***For crises intervention and/or a secondary evaluation:***

1. 911
2. Child and Adolescent Mental Health Crisis Response Program      1-888-989-9990  
*Crisis intervention services 24/7, throughout Lane County. The parent must make the call and be present on site. They will only work with students 17 and under; not for 18 and older. No insurance is acceptable.*
3. CAHOOTS                      541-682-5111                      (dispatched through the Eugene police/fire/ambulance)  
*Crisis Assistance Helping Out On The Streets is a mobile crisis intervention team integrated into the City of Eugene's public safety system. Free response is available and is staffed by Whitebird.*
4. Emergency Room              541-686-6931              1255 Hilyard Street, Eugene, Oregon  
*ER staff can evaluate for further medical/mental health care.*

### ***Other resources for parents to consider:***

1. Contact the student's current therapist or physician who provides care.
2. Locate community therapists who may be available for a same-day evaluation (for families with insurance or other resources).
3. Looking Glass 541-689-3111. This is a 24/7 mental health crisis line. Located at Station 7 shelter. They are not counselors, but can help assess the situation, de-escalate and refer. Will talk to any age person.
4. The Whitebird Clinic      541-687-4000              341 East 12<sup>th</sup> Avenue, Eugene, Oregon  
*24/7 crisis line; A parent may call or bring their child to the clinic; no insurance required.*

### ***National Resources for suicide and mental health crises:***

- 1-800-273-8255              National Suicide Prevention Lifeline; 24/7  
1-866-488-7386              Trevor Lifeline for LGBTQ youth needs; 24/7 (sometimes has answering machine)  
1-877-Youth-911              Oregon Youthline: Teens Helping Teens; Monday–Friday 4 – 9 p.m.
- Online:                      <https://oregonyouthline.org/>
- Text:                          teen2teen to 6674
- Crisis Text Line** <https://www.crisistextline.org/texting-in>              Text HOME to 741741; 24/7