

On-Line Suicide Prevention Awareness Training

Approximately 60 Minutes

Anyone working in a Maine school is required by law to attend a suicide prevention awareness training within six months of their initial hire, and renew their certification every five years (LD 609, April 2013). The preferred and best way to receive suicide prevention awareness training is in a live facilitated awareness session, but sometimes this option is not realistic so an on-line session has been developed.

Before you begin, obtain two documents from Human Resources:

- Frequently Asked Questions – Suicide Awareness and Prevention in Maine Public Schools
- The booklet: Suicide Prevention It's Up To All Of Us

When ready:

1. Access and view the on-line suicide prevention awareness session at:
<http://www.namimaine.org/?page=LD609ToolkitVideo>
2. Pause the on-line video at the places indicated.
 - a. First Pause – look over the Frequently Asked Questions document
 - b. Second Pause – go to the booklet and read pages 2 & 3
 - c. Third Pause - go to the booklet and read pages 12 & 13 in the booklet
 - d. Fourth Pause - go to the booklet and read pages 6 & 7 in the booklet
 - e. Fifth Pause - go to the booklet and read pages 4 & 5 in the booklet
 - f. Sixth Pause - go to the booklet and read pages 16 & 17 in the booklet
3. When you have completed viewing the video:
 - Complete the MSAD 75 Suicide Prevention Awareness Training and Employee Verification Form.
 - Set-up a meeting with a school employee who is a Certified Trainer. MSAD 75 Certified Trainers are: all school counselors, Jeanne Billings at MTA, Megan Hayes Teague at MAMS, Adam Mayo at the Transportation Garage, and Mary Booth at the District Office.
 - Bring your completed Verification Form to your meeting and be prepared to review your answers. Once the trainer has approved you for certification, they will sign your form.
 - Send your signed Verification Form the Human Resources Department.
4. If you have any questions, please contact Mary Booth, District Health Coordinator, at 729-9961 x254.

MSAD 75 Suicide Prevention Awareness Training
Employee Verification Form

Employee Name: _____ Job Title: _____
Please Print

School / Department: _____ Training Date: _____

Please answer the following questions.

1. Who is required to receive Suicide Prevention Awareness Training in Maine?
2. Rather than saying "Someone committed suicide", what is the preferred wording?
3. What are 2 adolescent warning signs for suicide?
4. What are 2 risk factors for suicide?
5. What are 2 factors that help protect against suicide?
6. Give a statement or question that:
 - a. Shows You Care:
 - b. Asks About Suicide:
 - c. Indicates You Will Get Help:
7. If you are concerned about a student, who are 2 key clinical resources in a school you can contact?

Employee Signature: _____

I verify we have discussed material learned about suicide prevention and reviewed our school/building Suicide Intervention Protocol.

Certified Trainer's Signature

Date

THIS FORM IS TO BE SENT TO THE DISTRICT HUMAN RESOURCES OFFICE