

ADMINISTRATIVE REGULATIONS

TITLE: RESPONDING TO SUICIDAL BEHAVIOUR AND/OR SELF-HARM
CATEGORY: HEALTH AND SAFETY
NUMBER: 3185

I. Rationale

This regulation is designed to guide school personnel in responding effectively to suicidal behaviour in troubled students, in those who threaten or attempt suicide, and in others potentially at risk in the aftermath of a death by suicide. Protocols clarify for school personnel their role in suicide prevention and crisis intervention and lessen the burden on individual school employees.

II. Response to Suicidal Behaviour

A. Prevention

1. Principals and teachers shall strive to ensure that all students receive instruction that promotes suicide prevention education, through the teaching of responsible decision-making, positive self-esteem, overall good emotional health, well-being and interpersonal connectedness.
2. Principals and teachers shall remain aware of current scientific knowledge and instructional techniques related to child and youth suicide prevention education. Principals will ensure teachers are given information on recognizing the warning signs of suicidal behaviour through an annual in-service with school counsellors.
3. Principals and teachers shall remain aware of the Child and Youth Suicide Prevention guide.
4. Students and parents shall be made aware of available counseling services and other support services outside of the school.
5. Encouragement and support shall be offered to those student organizations and activities that, in the opinion of the administrator, help to develop a positive peer influence in the area of child and youth suicide prevention.
6. The District Support Services will facilitate annual training of district protocols and procedures to respond to suicidal behaviour.
7. To be qualified to administer a suicide risk assessment, examiners will participate in bi-annual training of protocols and procedures to respond to suicidal behaviour.

B. Intervention

ADMINISTRATIVE REGULATIONS

TITLE: RESPONDING TO SUICIDAL BEHAVIOUR AND/OR SELF-HARM
CATEGORY: HEALTH AND SAFETY
NUMBER: 3185

1. When there is a concern regarding suicide, the procedure (see attached or see section: Suicidal Behaviour Intervention Procedure) for a Suicide Risk Assessment will be initiated by qualified and trained personnel.
2. In making decisions about suicide intervention procedures, the administrator shall be guided by the concept of “in loco parentis” and shall consider what is best for the individual student as well as the health, safety and wellbeing of other students and staff members.
3. If an assessment is required, the usual rules of confidentiality must be broken and the legal guardian must be informed. However, if informing the legal guardian is perceived to increase the level of risk to the youth, the Ministry of Children and Family Development must be notified immediately.
4. School staff involved with the student will connect the student and their parents to available counseling services and other supports outside of the school.

C. Postvention

1. Postvention is a term used to describe support interventions following a death by suicide.
2. In the case of a death by suicide, the principal will initiate the District’s Critical Incident Response Team.
3. Refer to the District document “Response to Loss of Life”.

D. Suicidal Behaviour Intervention Procedure

1. If a concern arises regarding the suicide risk of a child or youth the principal will be informed as soon as possible. Time shall be of the essence and priority given to expedite interventions and assistance.
2. The principal will facilitate the initiation of a suicide risk assessment by a person qualified to conduct a Suicide Risk Assessment as soon as possible.
3. The qualified examiner will conduct the Suicide Risk Assessment.
4. The qualified examiner in consultation with the school principal and another qualified examiner, if available, will **ASSESS** the level of risk and will **ACT** on information and observations.
5. If the risk is assessed as **HIGH**, provide one-to-one supervision of the child or

ADMINISTRATIVE REGULATIONS

TITLE: RESPONDING TO SUICIDAL BEHAVIOUR AND/OR SELF-HARM
CATEGORY: HEALTH AND SAFETY
NUMBER: 3185

youth at all times, until qualified suicide prevention supports and a plan are clearly in place including safe transport to the hospital emergency department.

6. If the risk is assessed as **MEDIUM**, provide one-to-one supervision for the child or youth at all times, until the parents and/or guardian have been informed. The student will be kept safe under the supervision of school district staff until a parent and/or guardian arrives to take responsibility for the physical care of the child and a safety plan has been developed.

7. The qualified examiner will file a report of the incident with District Support Services, who will inform the Superintendent. The qualified examiner will place a copy of the Confidential District Risk Assessment Notification form in the student's file.

8. If the risk is assessed as **LOW**, a report will be filed at the discretion of the assessor.

9. Assessors will refer to Regulation 1745 (Responding to a Threat or Potential Violent Behaviour) to determine if a Violent Threat Risk Assessment may also need to be completed.

III. RESPONSE TO SELF-HARM

Definition: Self-harm is the act of purposefully causing harm to oneself, typically without the intent of suicide.

A. Prevention and Intervention

While self-harm behaviours typically do not involve suicidal intent, there is an increased risk of suicide and/or serious bodily harm to students who engage in this behaviour; therefore it is important for school personnel to understand and recognize the signs of a student at risk and to follow the same Prevention and Intervention steps as listed in Part 1 of this regulation to determine risk level.

B. Self-harm Intervention Procedure

It is important that a student engaging in self-harm behaviour be referred to personnel trained in how to deal with this situation.

1. If a concern arises regarding the suicide risk of a child or youth the principal will be informed as soon as possible. Time shall be of the essence and priority given to expedite interventions and assistance.

2. The principal will facilitate the initiation of a suicide risk assessment by a person

ADMINISTRATIVE REGULATIONS

TITLE: RESPONDING TO SUICIDAL BEHAVIOUR AND/OR SELF-HARM
CATEGORY: HEALTH AND SAFETY
NUMBER: 3185

qualified to conduct a Suicide Risk Assessment as soon as possible.

3. The qualified personnel will conduct a Suicide Risk Assessment and follow steps II.D. 3-8 as necessary.

4. If the student is not deemed to be at medium or high risk for suicide, the qualified personnel will engage in a therapeutic manner to develop a plan for the student based on best practice and current training. This may include a referral to Child and Youth Mental Health, a physician or other external counsellor.

5. While only qualified personnel should be involved in the intervention procedure, it is important that all staff have a general knowledge and understanding of the signs of suicide and/or self-harm and how to interact with the student until qualified personnel can be engaged. It is recommended that school staff receive a short in-service each year for an overview of the risk factors, signs, and best practices in responding to students engaging in self-harm. This in-service should be completed by the school counsellor at a staff meeting.

Internal Form available on Engage:

- Suicide Behaviour Assessment Report

Received: June 2018

References: Board Policy 11.5 and 11.6