

SUICIDE PREVENTION RESOURCE GUIDE FOR KINGS COUNTY SCHOOLS 2023-2024



Helping Every
Learner Prosper

This is a living document. If there are resources that need to be added or links that no longer work, please contact alicep.help@gmail.com.



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DISTRICT/SCHOOL SUPPORT

LOCAL

KINGS COUNTY BEHAVIORAL HEALTH

Kings County Behavioral Health and its partners build programs that empower individuals and their families to achieve sustained well-being from mental illness and addiction.

For more information about suicide prevention, contact Polo Ortiz: polo.ortiz@co.kings.ca.us

KINGS COUNTY OFFICE OF EDUCATION

The Kings County Office of Education (KCOE) provides consultation, trainings and technical assistance to the 13 school districts and charters to support AB 2246 and to provide overall support on suicide prevention, mental health and positive school climate. For more information, contact todd.barlow@kingscoe.org or

alicep.help@gmail.com

Target audience: Elementary, middle, and high school students, teachers, staff, and parents

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DISTRICT/SCHOOL SUPPORT

LOCAL PARTNERS

Through the Mental Health Student Services Act grant, the following agencies work in partnership with Kings County Behavioral Health and Kings County Office of Education to provide services to all of the districts:

California Health Collaborative Young Minds-Mentes Jóvenes

The Young Minds Kings County program fosters mental wellness and resiliency among youth in grades K-12 through the implementation of evidence-based or promising practice approaches designed to increase protective factors and reduce risk factors among youth.

For more information about how you can access services for your students, contact the CA Health Collaborative Young Minds Team at: **559-244-4526** or **youngminds@healthcollaborative.org**

Mental Health Services KIND Center

The Kings County Mental Health Plan (MHP) provides outpatient mental health services including individual, collateral and group therapy, case management, and crisis intervention. Medi-Cal beneficiaries and uninsured children and youth who present with moderate to severe needs up to age 21 and their families are served. Those children and youth who present with mild needs are referred to their health plans. Insured persons are referred to their own providers. For more information about the KIND Center, call: **559-235-9239**. **All referrals can be sent to: Kindreferrals@mhsinc.org**

Target audience: Elementary, middle, and high school students, teachers, staff, and parents

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DISTRICT/SCHOOL SUPPORT

LOCAL PARTNERS

NEW

Through the Crisis Care Mobile Units Program, the following agency works in partnership with Kings County Behavioral Health and Kings County Office of Education to provide services to all of the districts:

Aspiranet Mobile Crisis Support Team (MCST)

MCST provides community based mental health crisis services for youth age 21 and younger. Services include response to the youth's location with a clinician and peer support staff to stabilize and provide appropriate referrals for the youth in crisis.

The youth must be at a school, school site, county facility for HSA or Mental Health Provider office, MCST cannot respond to the client's home.

For more information about how you can access services for your students, contact Brett Woolman at Aspirane: 559-909-0271

Services are available Monday to Friday 7:30am to 5pm for Schools, HSA and Mental Health providers.

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DISTRICT/SCHOOL SUPPORT

NATIONAL

Suicide Prevention Resource Center

[The Suicide Prevention Resource Center \(SPRC\)](#) is the only federally supported resource center devoted to advancing the implementation of the [National Strategy for Suicide Prevention](#). SPRC is funded by the U.S. Department of Health and Human Services' [Substance Abuse and Mental Health Services Administration](#) (SAMHSA).

K-12 Toolkit for Mental Health Promotion and Suicide Prevention The [K-12 Toolkit for Mental Health Promotion and Suicide Prevention](#) has been created to help schools comply with and implement California Education Code (EC) Section 215 (AB 2246) Pupil Suicide Prevention Policies. The Toolkit includes resources for schools as they promote youth mental wellness, intervene in a mental health crisis, and support members of a school community after the loss of someone to suicide including messaging.

Preventing Suicide: A Toolkit for High Schools

This [SAMSHA toolkit](#) assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health. The toolkit includes tools to implement a multifaceted suicide prevention program that responds to the needs and cultures of students and guidelines working with media.

Welcoming Youth Back After a Mental health crisis, Hospitalization or Suicide Attempt

As part of school safety plans, protocols should be in place to support youth as they reenter into the school community following a mental health incident. See the [Schools Re-entry Steps](#) document or [Guidelines for When a Student Returns to School](#) document.



DISTRICT/SCHOOL SUPPORT

NATIONAL (continued)

After a Suicide: A Toolkit for Schools Grades 6-12

[After a Suicide: A Toolkit for School](#) is a comprehensive guide that will assist schools on what to do if a suicide death takes place in the school community and guidelines working with the media.

Columbia-Suicide Severity Rating Scale Assessment Tool

The Columbia Lighthouse Project offers the [Columbia Suicide Severity Rating Scale \(C-SSRS\)](#), an evidence-based risk screening tool that is ideal for schools. Use of the scale redirects resources to where they are needed most, preventing unnecessary interventions that are often costly, traumatic, and can lead to disengagement from needed care. Please refer to the [Training section](#) for free online training on how to use the tool. To use this tool as a part of a comprehensive risk screening protocol, please see the [Policy to Practice: Suicide Intervention Toolkit](#).

Target audience: Identified K-12 support staff

Suicide Prevention and Distance Learning

The National Association of School Psychologists offers a [Comprehensive School Suicide Prevention in a Time of Distance Learning](#) guidance during COVID-19 as well as recommended suicide prevention, intervention, and postvention strategies.

Suicide Postvention Plan

Use this [Postvention Checklist](#) and review the [After a Suicide Attempt: A Toolkit for Schools \(2nd edition\)](#) to ensure your school is prepared in the event of a death by suicide.

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TRAININGS

LOCAL

Applied Suicide Intervention Skills Training

[Applied Suicide Intervention Skills Training \(ASIST\)](#) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. **Please contact ASIST trainer Antonio Lopez:** antonio.lopez@co.kings.ca.us or (559) 852-2437
Target audience: Any caregiver 16 and older

SafeTALK Training

[SafeTALK](#) is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. **Contact: Antonio Lopez at 559-852-2437 or email antonio.Lopez@co.kings.ca.us**
Target audience: Anyone ages 15 and over

Mental Health First Aid

California Department of Education offers free [Mental Health First Aid](#) trainings for adults who work with students ages 6-18. The training teaches adults how to identify, understand, and respond to signs of mental illness and substance use disorders in youth, and help connect them to the appropriate care.
Contact: Antonio Lopez at 559-852-2437 or email antonio.Lopez@co.kings.ca.us

LivingWorks Start Online Suicide Prevention Training

LivingWorks' Start will prepare adults to observe student behavior to help keep them safe. The 90-minute training is accessible from any computer, tablet, or smartphone with the internet. It trains people to recognize when someone is having thoughts of suicide, engage with them, and intervene to connect them to further help. It is designed to develop meaningful skills through simulations and practice. For questions or to learn how to get access to the training, please contact KCOE Mental Health Leads, Todd Barlow: todd.barlow@kingscoe.org or Alice Patterson alicep.help@gmail.com
For more information, please see the [one page overview](#).

Policy to Practice: Suicide Risk Assessment Toolkit

San Diego COE created a [comprehensive trauma informed toolkit](#) for school districts to ensure consistent practice and procedures for conducting suicide risk assessments and meet the requirements of AB2246. If your district is interested in receiving technical assistance to implement the toolkit, please contact KCOE's Mental Health/Wellness Liaison, Alice Patterson at alicep.help@gmail.com

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TRAININGS

NATIONAL

Kognito At-Risk Interactive Online Series (\$)

[Kognito At-Risk Interactive Online Series](#) is an evidence-based series of three online interactive professional development modules designed for use by individuals, schools, districts, and statewide agencies. It includes tools and templates to ensure that the program is easy to disseminate and measures success at the elementary, middle, and high school levels.

Target audience: K-12 student and school staff

Columbia-Suicide Severity Rating Scale Assessment Tool Online Training

The Columbia Lighthouse Project offers numerous [free online training](#) options on how to use the Columbia-Suicide Severity Rating Scale (C-SSRS) in more than 20 languages. The training's range from 20-60 minutes and provides a certificate of completion.

Please refer to the District/School Support section to access the C-SSRS tool.

Target audience: K-12 district and school staff

Question, Persuade, and Refer (\$)

[Question, Persuade, Refer \(QPR\)](#) is an evidence-based gatekeeper prevention training. Participants learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help. QPR can be learned in 1.5 hours.

Target audience: School staff, coaches, and parents

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TRAININGS

NATIONAL (continued)

321insight

[321insight](#) provides online professional development toolkits focused on increasing paraeducator effectiveness and implementing trauma-informed practices for school and district staff to help districts create a culture where staff and students thrive.

Assessing and Managing Suicide Risk (\$) Assessing and Managing Suicide Risk (AMSR) is a one-day training workshop for behavioral health professionals based on the latest research and designed to help participants provide safer suicide care. See the [Suicide Prevention Resource Center Web page](#)

Gay, Lesbian, & Straight Education Network Training

[Gay, Lesbian, & Straight Education Network](#) (GLSEN) Training is a three-hour, interactive workshop designed for educators to help create safe spaces for lesbian, gay, bisexual, and transgender youth. Free educator resources can also be found on the website.

Target audience: K-12 school staff

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STUDENT EDUCATION

LOCAL

LivingWorks Start Online Suicide Prevention Training

LivingWorks Start is available for middle and high school students. The online training teaches valuable skills to students 13 and older. Students learn a powerful four-step model to keep themselves and peers safe from suicide, and have a chance to practice it with impactful simulations. Safety resources and support are available throughout the program. For questions or to learn how to get access to the training, please contact KCOEs Mental Health/Wellness Liaison, Alice Patterson at alicep.help@gmail.com.

For more information, please see the [one page overview](#)

Target audience: *Middle and high school students*

Young Minds-Mentes Jóvenes

Young Minds is a program that supports youth with managing stress and emotions, relating to others, and making positive choices. Young Minds offers free services to youth K-12 and their families. For more information about how you can access services for your students, contact the CA Health Collaborative Young Minds Team at: 559-244-4526 or youngminds@healthcollaborative.org

CAST Training

Coping and Support Training (CAST) is an evidence-based life-skills training and social support program to help at-risk youth. See the [Reconnecting Youth Inc. web page](#).

Target audience: *6-12 grade students*

The Directing Change Program

The [Directing Change Program and Film Contest](#) is a youth engagement program that educates students about the warning signs for suicide and mental health through the creation of short films. Educational resources and lesson plans are available. The program is free.

View [Lemoore Middle College High School](#) submission

Target audience: *Middle and high school students and young adults up to age 25*

NAMI On Campus High School

NAMI On Campus High School Club is a peer led mental health awareness club for high school students. A trained adult advisor oversees all club activities, but the mission and goals of the club are driven by students. If you have any questions, please call 916-567-0163 or email at: namioncampus@namica.org. For schools interested in starting a club visit [here](#).

Target audience: *High school students and at last 2 staff to be trained as advisors*

Creating Resilience Club

[Young Minds Creating Resilience Club](#) is designed for students who are feeling stressed or overwhelmed to explore creative ways to express, de-stress, and build resilience. For more information:: 559-244-4526 or youngminds@healthcollaborative.org

Target audience: *High school students*

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STUDENT EDUCATION

STATE

NEW

Never a Bother (free) The Never a Bother campaign is a youth suicide prevention awareness and outreach campaign for youth, young adults, and their parents, caregivers, and allies. Visit NeveraBother.org to learn about suicide warning signs, resources, and how to support a youth in your care before, during, and after a crisis. Hear stories about what young people wish their parents (and other adults) knew about supporting their mental health. The Never a Bother is a campaign funded by CDPH, as part of the state's Children and Youth Behavioral Health Initiative ([CYBHI](#)).

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STUDENT EDUCATION

NATIONAL

Active Minds

[Active Minds](#) is a national leader for young adult mental health advocacy and suicide prevention. Our programs and services empower young adults to reduce the stigma surrounding mental health, create communities of support, and ultimately save lives.

Brother Be Well

[Brother Be Well](#) is a unique platform for boys and men of color blending awareness, innovation, education, and healing pathways to reduce disparities, disrupt prolonged suffering, and improve health and mental wellness.

Brain XP

[Brain XP](#) is dedicated to ending the stigma toward other teenagers who suffer from mental health issues. Brain XP also has positive daily social media content: [Brain XP Blog](#) and [Brain XP Instagram](#) (@brainxpproject). All of our content is created by teens for other teens, and all of our resources can be accessed online.

Change to Chill

[Change to Chill](#) Change to Chill offers free online mental health resources for teens designed to help them learn how to relax and integrate healthy habits into their lifestyle.

Mind Out Loud

[Mind out Loud](#) amplifies students' voices and provides them with the opportunities to speak out. Mind Out Loud is looking for Student Reps who are high school students and work towards four pillars of student mental health: personal wellness, suicide prevention, support for marginalized communities, and awareness and advocacy.

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STUDENT EDUCATION

NATIONAL (continued)

Sandy Hook Promise Sandy

Hook Promise offers the following free online self-led trainings:

1. [Start With Hello](#) - This program teaches youth how to be more inclusive and connected to one another and create connectedness and community, by minimizing social isolation, marginalization, and rejection, and reach out, and start with hello.
2. [Say Something](#) – This program teaches youth how to recognize signs and signals, especially within social media, from individuals who may be a threat to themselves or others and Say Something to a trusted adult or report it through the Anonymous Reporting System BEFORE it is too late.

*Please note: The California Department of Education (CDE), in partnership with Sandy Hook Promise, is excited to offer these two programs for free to schools that want to launch them through in-person training as part of Project Cal-STOP, funded by the STOP School Violence Act. To sign up, please contact CDE Cal-STOP lead Hilva Chan at hchan@cde.ca.gov.

Teen Mental Health First Aid (tMHFA) (\$)

[Teen Mental Health First Aid](#) (tMHFA) is an in-person evidence-based training that teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. Schools send identified school advisors to a TOT who then train student leads to provide the classroom presentations to their peers. The National Council for Behavioral Health has teamed up with Born This Way Foundation to bring this program to the United States.

Target audience: High school students

Break Free from Depression

Break Free from Depression (BFFD) is a four-module curriculum focused on increasing awareness about adolescent depression and designed for use in high school classrooms. See the [Boston Children's Hospital web page](#).

Target audience: High school students

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STUDENT EDUCATION

NATIONAL (continued)

More Than Sad (\$)

[More Than Sad](#) is an evidence-based training developed by the American Foundation for Suicide Prevention. More Than Sad is designed to help educators better understand suicidal behavior in adolescents. The program is built around two 25- minute DVDs: More Than Sad: Preventing Teen Suicide and More Than Sad: Teen Depression.

Target audience: *Middle- high school students, parents, and teachers*

Linking Education and Awareness for Depression and Suicide (\$)

[Linking Education and Awareness for Depression and Suicide](#) (LEADS) for Youth is an evidence-based suicide prevention curriculum. LEADS for Youth is an informative and interactive opportunity for students and teachers to increase knowledge and awareness of depression and suicide.

Target audience: *High school students and teachers*

Each Mind Matters

[Each Mind Matters](#) for young adults provides resources for LGBTQ+ Youth, stories of young adults and mental health, and [Know the Signs](#) a statewide suicide prevention social marketing campaign built on three key messages: Know the signs. Find the words. Reach out. This campaign is intended to educate Californians how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources.

Target audience: *Middle and High school students*

Shine Light on Depression

[Shine Light on Depression](#) is a unique collaboration of organizations committed to raising awareness of depression and suicide prevention among young people: American School Health Association, Anthem, Inc., Erika's Lighthouse, JetBlue Airways Corporation, National PTA. For more information,

About the curriculum and resources take a look at this [flyer](#).

Target audience: *Fourth through 12th grade students and families*

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STUDENT EDUCATION

NATIONAL (continued)

Sources of Strength-Elementary (\$) [Sources of Strength Elementary](#) moves the work of prevention and health promotion even further upstream. As a universal classroom curriculum, Sources of Strength Elementary not only incorporates solid social emotional learning content, but also includes a robust focus on mental health, resiliency, and strength-based prevention. The K-6 curriculum is comprised of 12 units containing several lessons that build upon each unit topic. Lessons are designed to be approximately 30 minutes in length and are typically facilitated one to two times per week. **Target audience: Elementary students**

Bring Change to Mind (\$) [Bring Change to Mind](#) is an evidence-based program that supports student-led clubs to decrease stigma surrounding mental illness through advocacy, education, and activities that create lasting change on campus. Clubs have access to a regional advisor, annual youth summit, and leadership training opportunities. **Target audience: High school students**

Hope Squad (\$) The goal of [Hope Squad](#) is to reduce self-destructive behavior and youth suicide by training, building, and creating change in schools and communities. The Hope Squad program is a school-based peer support team that partners with local mental health agencies. Peers select students who are trustworthy and caring individuals to join the Hope Squad. Squad members are trained to watch for at-risk students, provide friendship, identify suicide warning signs, and seek help from adults. Hope Squad members are NOT taught to act as counselors but are educated on recognizing suicide warning signs and how to properly and respectfully report concerns to an adult. Once invited to be a Hope Squad member, students must receive parent permission and attend regular training meetings. **Target audience: 4th-12th grade students**

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PARENT EDUCATION/SUPPORT

LOCAL

Kings County LOSS Team

Local Outreach to Suicide Survivors (LOSS) is a program that dispatches support teams to the location of a suicide to provide resources, support, and hope to friends and family members of the suicide victim. The LOSS Team is deployed by the Kings County Coroner. The LOSS Team is made up of volunteers that have experienced a loss to suicide or are dedicated to the effort of suicide prevention.

If you are interested in more information or if you would like to volunteer with the Kings County LOSS Team:

The KCBH point of contact for the LOSS team is Polo Ortiz - Adult System of Care (ASOC) Clinical Program Manager - polo.ortiz@co.kings.ca.us or (559) 852-2234.

The SOURCE Support Group LGBTQ - KINGS COUNTY BEHAVIORAL HEALTH

460 Kings County Drive, Suite 101

Hanford, CA, 93230

559) 852-2444

Point of contact: Alix Caranza - Program Manager: alix@thesourcelgbt.org or (559) 429-4277)

[The Source Mental Health Website](#)

**Meetings are on the second and fourth Thursdays
of the month from 6:00 PM - 7:30 PM.**

For more information:

[Pop Up Source Flyer](#)

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PARENT EDUCATION/SUPPORT

NATIONAL

BeSMART for Kids

Each year in the US, almost 700 children aged 17 and under die by suicide with a gun. The BeSmart campaign focuses on education and awareness about secure gun storage and child safety. [BeSMART for Kids](#) offers a free 20-minute presentation by trained volunteers, in English or Spanish to parent groups. This program is for gun owners and non-gun owners, and is non-political and non-partisan.

Help & Hope for Survivors of Suicide Loss

Help & Hope for Survivors of Suicide loss is a free guide to help those during the bereavement process and who were greatly affected by the death of a suicide. See the [Suicide Prevention Resource Center](#) web page for more information.

Parents as Partners: A Suicide Prevention Guide for Parents (\$)

[Parents as Partners: A Suicide Prevention Guide for Parents](#) is a booklet that contains useful information for parents/guardians/caregivers who are concerned that their children may be at risk for suicide.

AAS National Center for the Prevention of Youth Suicide

[AAS National Center for the Prevention of Youth Suicide](#) believes that suicide can often be prevented. For example, many youth give warning signs if they are considering taking their lives, and intervening can save their lives. Other youth may be kept from reaching the point of even thinking about suicide by individuals reaching out and showing them they care. Strong communities, safe schools, and supportive families all help the development of healthy youth. For youth struggling with mental illness and or substance abuse, effective services Advisory Board make a difference.

Suicide is Preventable

Every day in California friends, family and co-workers struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs can be subtle, they are there. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life. [Suicide is Preventable--Know the Signs](#)

Also available in [Spanish](#).

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APPS & WEB-BASED SUPPORTS

MY3 App

With [MY3](#), you define your network and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are having thoughts of suicide. MY3 can help you get through your most difficult times. Who are your three? Download MY3 to make sure that your three are there to help you when you need them most. MY3 is available in the Apple App Store and Google Play, free of charge.

GritX

[GritX](#) is a web-based tool for supporting the mental health of adolescents and young adults by inspiring grit, finding resilience and telling their own stories by customizing and building their own self-care toolkit.

“A Friend Asks” App

[“A Friend Asks”](#) is a FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Virtual Hope Box

[Virtual Hope Box](#) is a multi-media coping skill app designed for individuals such as middle-school students struggling with depression. The four main features of Virtual Hope Box include sections for distraction, inspiration, relaxation, and coping skill options. The distraction techniques include games that require focus, like Sudoku and word puzzles. The relaxation techniques offer a variety of guided and self controlled meditation exercises. The coping techniques offer suggestions for activities that reduce stress. The inspiration section offers brief quotes to improve mood and motivation.

Teen Talk

[Teen Talk](#) is a free iPhone app where teens can get support for whatever they may be dealing with from a trained teen. It is a safe, non-judgmental space where you can anonymously post your issue at any time and get support from a trained teen from 6 to 10 PM. Call 310-855-4673 or text "TEEN" to 839863.

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CRISIS LINES

LOCAL

Kings County Behavioral Health

Anyone living in Kings County having a mental health crisis can get help 24 hours a day by calling the following crisis lines: **Call (559) 582- 4484 (daytime) or 1-877-306-2413 (afterhours)**

The daytime and toll-free crisis lines are provided *by **Kings View Counseling Services***. Call responders are there to support and provide language barrier assistance!

CALL 911 for police assistance if the situation is life threatening or if it looks like someone may get hurt.

You can also go to the nearest **Hospital Emergency Room**:
Adventist Health Hanford
115 Mall Dr., Hanford, CA 93230
Phone: (559) 582-9000

NATIONAL

National Suicide Prevention Lifeline/Central Valley Suicide Prevention Hotline 988 or 800-273-TALK (8255)
The [National Suicide Prevention Lifeline](#) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.
Find more specific resources [here](#) for youth, disaster survivors, Native Americans, veterans, loss survivors, LGBTQ+, attempt survivors, deaf/hard of hearing/hearing loss, and “ayuda en español”.

Crisis Text Line Text HOME or ACT to 741741
Every texter is connected with a live Crisis Counselor who is trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of [Crisis Text Line's](#) Crisis Counselors are volunteers, donating their time to helping people in crisis.

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SUPPORT HELPLINES

LOCAL/State

Kings/Tulare County Warmline

Anyone, any age, can call the non-crisis Kings/Tulare Warm Line available 24/7, including weekends and holidays. The Warm Line is a number you can call when you need to speak with someone who will listen to your concerns without judgment or criticism. It is a peer-to-peer telephone support service that is staffed by people who have experienced the same kinds of issues a caller might have. We are ready to listen when you are ready to talk. **Call (877) 306-2413 (Toll-free).**

LOSS Team

The Local Outreach to Suicide Survivors, or L.O.S.S. Team. Team members will interact with the family (known as loss survivors) and provide them with resources and support so that they do not have to feel alone as they seek to deal with the emotions that accompany losing someone to suicide.

For more information regarding Kings County's LOSS Team, contact Polo Ortiz - Adult System of Care (ASOC) Clinical Program Manager - polo.ortiz@co.kings.ca.us or (559) 852-2234.

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SUPPORT FOR LGBTQ+ POPULATION

BlackLine 800-604-5841

[BlackLine](#) is a 24-hours a day, 7 days a week hotline geared towards the Black, Black LGBTQI, Brown, Native, and Muslim community. However, no one will be turned away from the Hotline. BlackLine is anonymous and confidential and can provide immediate crisis counseling to those who call upset, need to talk with someone immediately, or are in distress.

Be True and Be You: A Basic Mental Health Guide for LGBTQ+ Youth

Each Mind Matters collaborated with a strategic council of LGBTQ+, community leaders and stakeholders to create mental health materials for youth/young and older adults, and providers working with Latinx youth. For more information, visit the [Be True and Be You](#) website.

The SOURCE Support Group LGBTQ - KINGS COUNTY BEHAVIORAL HEALTH

460 Kings County Drive, Suite 101
Hanford, CA, 93230
559) 852-2444

Point of contact: Alix Caranza - Program Manager: alix@thesourcelgbt.org or (559) 429-4277)
[The Source Mental Health Website](#)

The Trevor Project

TrevorLifeLine: 866-488-7386

Trevor Text: Text “START” to 678678 Trevor Chat

[The Trevor Project](#) is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning (LGBTQ) young people ages 13-24.

Trans Lifeline 877-565-8860

[Trans Lifeline](#) is a hotline available in the U.S. and Canada staffed by transgender people for transgender people. Trans Lifeline is primarily for transgender people in a crisis, from struggling with gender identity to thoughts of self-harm. 7 days a week, 18 hours a day, 8:00 AM - 2:00 AM.

Meetings are on the second and fourth Thursdays

of the month from 6:00 PM - 7:30 PM.

For more information:

[Pop Up Source Flyer](#)

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STATE LEGISLATION

AB 2246- Pupil Suicide Prevention Policies Effective: July 1, 2017

- Requires LEAs to adopt suicide prevention policies before the beginning of the 2017–18 school year. Chaptered as California Education Code (EC) Section 215, AB 2246 mandates that the Governing Board of any LEA that serves pupils in grades 7-12, inclusive, adopt a policy on pupil suicide prevention, intervention, and postvention.
- The policy shall specifically address the needs of high-risk groups, include consideration of suicide awareness and prevention training for teachers, and ensure that a school employee acts only within the authorization and scope of the employee's credential or license.
- CDE developed a [model policy](#). This policy shall be reviewed and revised as indicated, at least annually in conjunction with community stakeholders.

AB 1767- Pupil Suicide Prevention Policies Effective: January 1, 2020

- Requires the governing board or body of a LEA that serves pupils in kindergarten and grades 1 to 6, inclusive, to, before the beginning of the 2020–21 school year, adopt, and update as prescribed, a policy on pupil suicide prevention that specifically addresses the needs of high-risk groups.
- The bill would require this policy to be age appropriate and delivered and discussed in a manner that is sensitive to the needs of young pupils and address any training on suicide awareness and prevention to be provided to teachers of pupils in all of the grades served by the local educational agency.
- CDE developed a [model policy](#). This policy shall be reviewed and revised as indicated, at least annually in conjunction with community stakeholders.

AB 1808- Education Finance/Omnibus Trailer Bill Effective: June 27, 2018

- AB 1808 added Section 216 to the California Education Code and provided funding to ensure school staff were prepared to identify, support, and refer middle and high school students who may be experiencing thoughts of suicide. The bill also calls for the training to be offered to middle and high school students. The San Diego County Office of Education was selected as the lead to make this online training available, at no cost, to local educational agencies (LEAs) to voluntarily use as part of their youth suicide prevention policy
- For more information, please see the [one page overview](#).

SB 972- Pupil and Student Health: Identification Cards: Suicide Prevention Hotline Telephone Numbers Effective: January 1, 2019

- Requires a public school, including a charter school, or a private school that serve pupils in grades 7-12 that issue student ID cards must print on either side of the ID cards the telephone number for the National Suicide Prevention Lifeline.
- Schools may also print on either side of the ID cards the Crisis Text Line and a local suicide prevention hotline telephone number.
- Please refer to the Student Education section to view opportunities that can increase students' mental health literacy and provide context and understanding to why the hotline numbers are on the back of their ID cards and use it when needed for themselves or their peers.

AB 1767 Resource Guide for Elementary Schools

To support the requirements of AB1767, SDCOE has created this [AB 1767 Resource Guide for Elementary Schools](#).

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STATE LEGISLATION

(continued)

SB224 Pupil Instruction: Mental Health Education Effective: January 1, 2022

- Requires each LEA that offers one or more courses in health education to pupils in middle school or high school to include in those courses instruction in mental health that meets the requirements of the bill.
- Requires that instruction to include, among other things, reasonably designed instruction on the overarching themes and core principles of mental health.
- Requires that instruction and related materials to, among other things, be appropriate for use with pupils of all races, genders, sexual orientations, and ethnic and cultural backgrounds, pupils with disabilities, and English learners.
- Requires the State Department of Education to develop a plan to expand mental health instruction in California public schools on or before January 1, 2024.

AB309 Pupil Mental Health: Model Referral Protocols Effective January 1, 2022

Requires CDE to:

- Develop model referral protocols for addressing pupil Mental health concerns as specified
 - Consult with various entities in developing the protocols, including current classroom teachers, administrators, pupils, and parents.
 - Post the model referral protocols on its internet website.
- Provisions are contingent upon funds being appropriated for its purpose in the annual Budget Act or other legislation, or state, federal, or private funds being allocated for this purpose.

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