

# School Based Programs

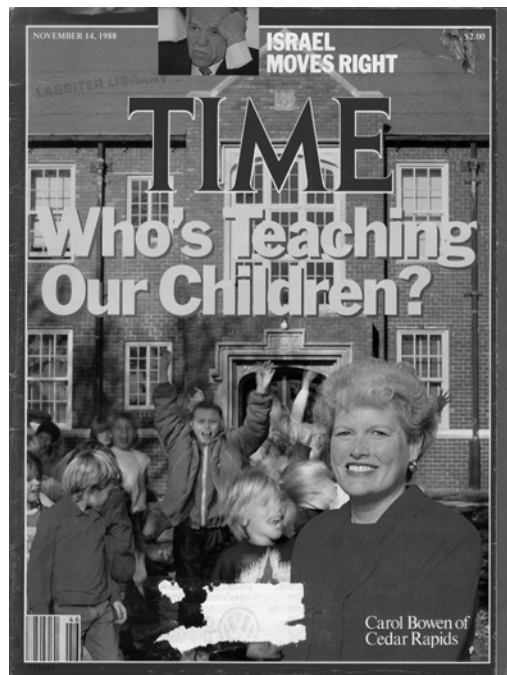
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Cobb County School District

Prevention/Intervention Center

Title IV – Safe and Drug Free Schools

[www.cobbk12.org/~preventionintervention](http://www.cobbk12.org/~preventionintervention)



## American Notes

GEORGIA

### The Sorrows of Cobb County

A twelve-year-old boy hangs himself after being punished at school. A 16-year-old shoots himself while visiting a friend. Another boy takes his own life with a borrowed .357 Magnum.

The series of deaths in the booming suburbs of Cobb County, just north of Atlanta, are part of a "suicide cluster," an affliction that has inexplicably visited half a dozen U.S. communities in this decade. The Centers for Disease Con-

trol began a detailed study of the county last summer after the suicide rate there was found to be 33% higher than the national average. The county (pop. 400,000) has already suffered 51 suicides this year, including six teen deaths, and expects to hit a record 70 suicides by December. Authorities speculate that the root cause may be explosive growth. "Fifteen years ago Cobb County was rural pastureland," says Dirk Huttenbach, a psychiatrist for adolescents. "Anytime you have greater instability and less tradition, you're going to have this sort of turmoil."



■ Counseling teens at the Ridgeview Institute in Smyrna, Ga.

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## Coalition of Treatment Providers

- Volunteer to see Cobb Students for the first free interview/assessment
- About 60 licensed therapists, counseling centers and psych hospitals currently serve on the coalition
- Over 23,000 interventions since 1987
- We average about 1300 per year or a little over 1% of our population

## Cobb County Protocol When a student exhibits suicidal/homicidal behaviors

- The student involved will be:
  - privately questioned to determine the level of risk
  - offered immediate assistance
  - put under constant adult observation

- The school official will contact the **ON CALL** staff person at the Prevention/Intervention Center.
- The school official will call the custodial parent or guardian regardless of the student's age or emancipation.
- The student will not be allowed to ride home on the bus. A parent, guardian, or designee will pick the child up.



- The custodial parent or guardian should leave campus with the student only after she/he has agreed to take the student for a free assessment.
- The school official informs the family of the need to have the results of the assessment conveyed to the Prevention /Intervention Center prior to the student's return to school.



## **Targeted Violence In Schools**

Profiling from 37 school shootings by the Secret Service

- 1. The attacker told someone about their plan.**
- 2. There is no accurate profile of “the school shooter”.**
- 3. Most shooting incidents were not resolved by law enforcement.**
- 4. In  $\frac{3}{4}$  of the incidents, other students are involved in some capacity.**
- 5. Having been bullied played a key role in the attacks.**

7. **Most attackers engaged in some behavior, prior to the incident, that caused others concern or indicated a need for help.**
8. **In  $\frac{3}{4}$  of the incidents an adult had expressed concern about the attacker.**
9. **Prior to the incident,  $\frac{3}{4}$  of the attackers threatened suicide.**

### Recommendations

- **Develop a protocol to overreact and intervene when homicidal and suicidal statements are shared.**
- **Implement a student assistance program**

**IF YOU ANSWER YES TO ANY OF THE QUESTIONS BELOW, PLEASE SEE YOUR SCHOOL COUNSELOR- Have you ...**

	Yes	No
-a. ever (in your whole life) tried to kill yourself?	07.26%	83.11%
-b. ever had medical attention for a suicide attempt?	02.68%	87.75%
-c. seriously thought about killing yourself during the last year?	09.03%	81.24%
-d. thought about killing yourself many times during the last year?	06.41%	83.92%
-e. had a plan for suicide during the last year?	05.12%	85.21%
-f. tried to kill yourself in the last year?	04.23%	86.04%
-g. seriously thought about killing yourself during the last 4 weeks?	04.23%	86.12%
-h. tried to kill yourself in the last 4 weeks?	02.39%	87.91%

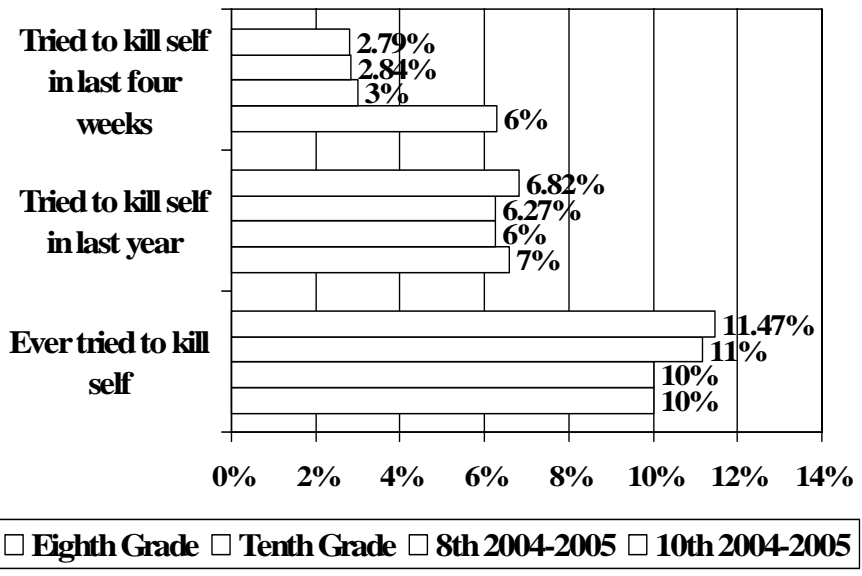
If I ever felt really stressed or overwhelmed by life . . .		
	Strongly Disagree	Disagree
I would talk to a counselor or other adult at school.	26.29%	24.04%
I believe a counselor or other adult at school could help me.	22.84%	19.70%
My friends would want me to talk to an adult at school.	20.13%	23.56%
My family would want me to talk to an adult at school.	19.11%	19.35%

### Odds Ratio and Population Attributed Risk Percent (PAR%) for Suicide Attempt in Last Year

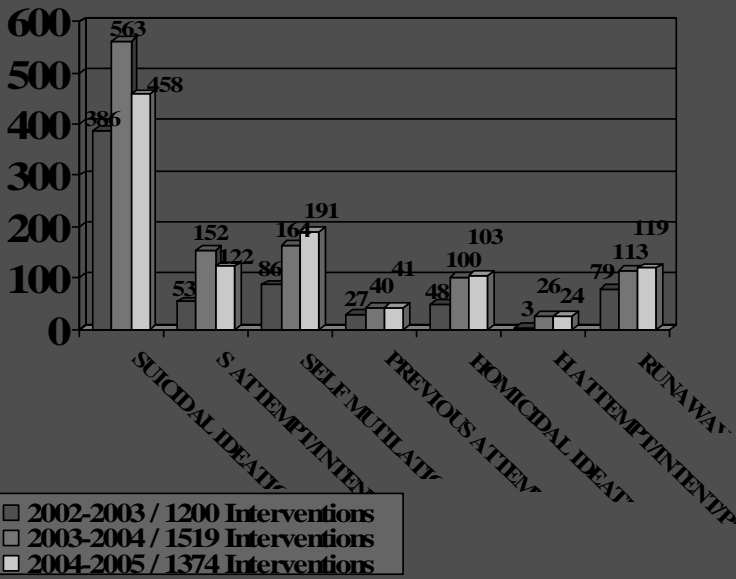
\* p < 0.05

Used inhalant in past 30 days	10.95*
Used other drug in past 30 days	8.26*
I was threatened or forced to do things against my will in the last few months	6.00*
Other students told lies or spread rumors about me in the last few months	4.94*
Smoked cigarettes or cigars in past 30 days	4.31*
Smoked marijuana in past 30 days	4.24*
I was hit, kicked, shoved around, or locked in enclosure in the last few months	3.63*
Grades are now mainly D's or F's	3.11*
I have been bullied more than once in the last few months	3.10*
I had money or other things damaged or taken from me in the last few months	2.93*

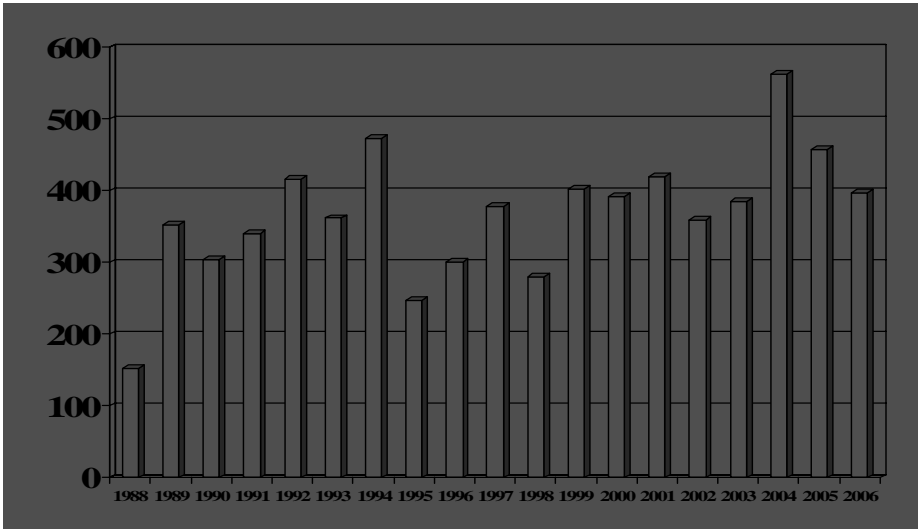
**SmartTrack Survey Results  
(2003-2004 / 3291 Surveys)**



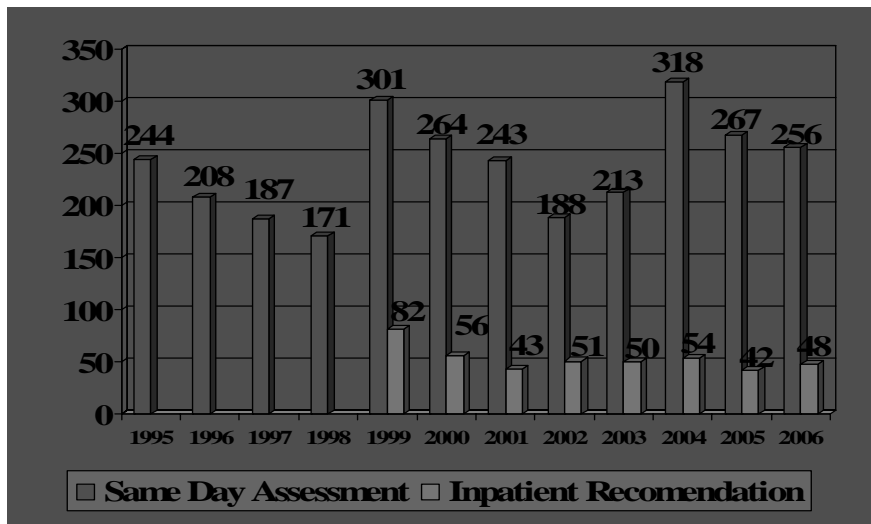
**Self-harm Behavior**



### Suicidal Ideation Reported to the P/I Center



### Suicide Protocol Same Day Assessments





# QPR

*In School Settings*

UNIVERSITY OF ROCHESTER



USF UNIVERSITY OF SOUTH FLORIDA



Ask A *Question*, Save A Life

## QPR *In School*

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- QPR is not intended to be a form of counseling or treatment.
- QPR is intended to offer hope through positive action.

## During the training you will learn:

- warning signs that a student may be suicidal.
- all warning signs are to be taken seriously.
- how to refer a student to the school counselor for help.
- how the QPR system can promote positive staff-student relationships - a District goal for academic achievement.

## Two Research Questions about Gatekeeper Programs

1. Increase Detection/ Referral of Suicidal Youth?
2. Reduce suicidality through MH Services?

