

STRIVING FOR ZERO EXCELLENCE AWARDS

Striving for Zero

COMPREHENSIVE SUICIDE RELATED CARE

Centering LBUSD Student Mental Health by Employing Innovation, Connection, Continuous Improvement, Commitment and Integrity

County Name: Los Angeles

LBUSD has intentionally focused on various aspects of suicide prevention for 5 years now. In 2018 the district invested time and resources to develop a new suicide assessment tool and training module, as well as outreaching to community partners for collaboration and engagement. LBUSD has continued to promote a 4 pronged comprehensive approach to preventing youth suicide; prevention, postvention, data collection and utilizing community resources. Our project submission will highlight staff training, a tailored assessment tool, utilization of community resources, data collection (and targeted interventions based on data), and an innovative approach that incorporates outreach, support and consultation to every staff member completing a suicide assessment.

WHAT IS MENTAL HEALTH?

THERE ARE MANY EVERYDAY WELL-BEING ACTIVITIES YOU CAN DO TO REDUCE UNPLEASANT THOUGHTS, FEELINGS, AND BEHAVIORS

SIGNS TO LOOK OUT FOR

- ARE YOU FEELING SAD, LONELY, ANXIOUS OR DEPRESSED?
- DO YOU REGULARLY HAVE NEGATIVE THOUGHTS?
- DO YOU HAVE TROUBLE CONTROLLING YOUR EMOTIONS?
- DO YOU RELY ON SMOKING OR DRUGS TO FEEL BETTER?
- DO YOU THINK OF HURTING YOURSELF OR OTHERS?

WHAT DOESN'T HELP YOUR MENTAL HEALTH?

- AVOIDANCE AND PROCRASTINATE
- SUBSTANCE ABUSE, SELF-MEDICATING WITH SUBSTANCES, OR OTHER UNHEALTHY HABITS
- VIOLENCE AND ABUSE
- HURTING YOURSELF OR OTHERS
- DISCONNECTING FROM YOUR THOUGHTS AND EMOTIONS
- THINKING ABOUT THE WORST-CASE SCENARIO
- ISOLATING YOURSELF FROM YOUR SUPPORT SYSTEM
- NOT TALKING ABOUT IT WITH A TRUSTED ADULT

WRITE DOWN YOUR THOUGHTS TO HELP PROCESS THEM

SHARE YOUR THOUGHTS WITH YOUR FRIENDS OR TRUSTED ADULTS

SPEND TIME DOING A HOBBY THAT BRINGS YOU JOY

SCHOOL RESOURCES

CARE SOLACE (888)215-0595

HAZEL HEART (TELE THERAPY AT HOME OR SCHOOL)

SEE YOUR SCHOOL COUNSELOR FOR A REFERRAL

FAMILY RESOURCE CENTER (IF AVAILABLE) LBSCHOOLS.NET/FCR

SCHOOL COUNSELOR

WELLNESS CENTER SOCIAL WORKER

SCHOOL PSYCHOLOGIST

LONG BEACH UNIFIED SCHOOL DISTRICT
Excellence & Equity

WHAT IS MENTAL HEALTH?

MENTAL HEALTH INCLUDES OUR EMOTIONAL, PSYCHOLOGICAL, AND SOCIAL WELL-BEING. IT CAN AFFECT HOW WE THINK, FEEL, AND ACT.

HOW CAN I TELL IF I AM STRUGGLING WITH MY MENTAL HEALTH?

- FEELINGS OF HOPELESSNESS AND WORTHLESSNESS
- TOO MUCH OR TOO LITTLE SLEEP
- DIFFICULTY CONCENTRATING
- DIFFICULTY COMMUNICATING OR MAINTAINING RELATIONSHIPS
- CRYING TOO MUCH OR TOO LITTLE
- FEELING VERY NERVOUS OR ANXIOUS ABOUT ROUTINE ACTIVITIES
- SUBSTANCE USE
- LOW MOTIVATION AND/OR ENERGY LEVELS
- LACK OF INTEREST IN ACTIVITIES THAT USED TO BE ENJOYABLE
- SELF-HARM - FOR EXAMPLE: CUTTING OR BURNING
- THINKING ABOUT DEATH OR HAVING THOUGHTS OF SUICIDE
- OVERLY INTERESTED OR INVOLVED IN RISKY ACTIVITIES
- EXPRESSING HEARING VOICES OR PARANOID THOUGHTS
- EXPERIENCING HALLUCINATIONS, SUCH AS HEARING VOICES
- INCREASED IRRITABILITY, ANGER, OR HOSTILITY
- LACK OF ATTENTION TO PERSONAL HYGIENE OR APPEARANCE

WHAT HELPS YOUR MENTAL HEALTH?

MENTATION & PROCRATINATE

- BRING YOUR ATTENTION TO YOUR SURROUNDINGS, QUIET YOUR MIND AND THOUGHTS IN A CALM ENVIRONMENT AND PRACTICE MINDFUL BREATHING
- GROUNDING SKILLS
- FIND FIVE THINGS YOU CAN SEE, FOUR THINGS YOU CAN TOUCH, THREE THINGS YOU CAN HEAR, TWO THINGS YOU CAN SMELL, AND ONE THING YOU CAN TASTE
- JOURNALING
- WRITE DOWN ALL YOUR THOUGHTS AND EXPERIENCES TO HELP PROCESS AND MAKE SENSE OF THEM
- PHYSICAL ACTIVITY
- INCLUDE YOUR FAVORITE PHYSICAL ACTIVITY IN YOUR DAILY ROUTINE TO IMPROVE YOUR SENSE OF WELLBEING
- SELF-COMPASSION
- THE ABILITY TO TREAT YOURSELF WITH KINDNESS AND UNDERSTANDING LIKE YOU WOULD TREAT A DEAR FRIEND
- COLONY & HOBBY
- SPEND TIME DOING SOMETHING POSITIVE THAT BRINGS YOU JOY, LIKE: READING, CREATING ART, OR GARDENING
- CONNECT WITH OTHERS
- SPEND TIME WITH FRIENDS AND LOVED ONES OR SEEK COUNSELING OR THERAPY

NATIONAL CRISIS HELPLINES

SUICIDE AND CRISIS LIFELINE 800

NATIONAL HELPLINE TEXT HELP TO 800-425-4257

CRISIS TEXT LINE TEXT HELP OR HELLO TO 72741

TREYOR PROJECT TEXT LINE TEXT "STAY" TO 678-678

LOCAL RESOURCES

BEHAVIORAL HEALTH URGENT CARE "BUCK" (424)944-0505

2220 LONG BEACH BLVD. LONG BEACH, CA 90807

SAY SOMETHING ANONYMOUS REPORTING SYSTEM

SAYSOMETHINGPHONE.ORG/SAY-SOMETHING-TIPS

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STUDENT SUPPORT SERVICES
LONG BEACH UNIFIED SCHOOL DISTRICT



For more information, please contact/visit:
<https://www.lbschools.net/departments/student-support-services/suicide-prevention>