

Creating Opportunities in Preventing & Eliminating Suicide (COPES)

June 7, 2023



Grant Goals & Objectives

Mental Health Promotion & Stigma Reduction

Trainings

Resources/Tools

Student Programming

Cultivate Staff, Student &
Caregiver Wellness

Suicide Prevention, Intervention & Postvention

Policy to Practice

Screenings/Assessments

Data Collection

Trainings

School Mental Health Referral Pathways

Multi-year process

Needs Assessments

Resource Mapping

Build Partnerships

Needs Assessment Results

Five Key Components

Student Mental
Health Referral
Processes

Mental Health
Services and
Supports for
Students

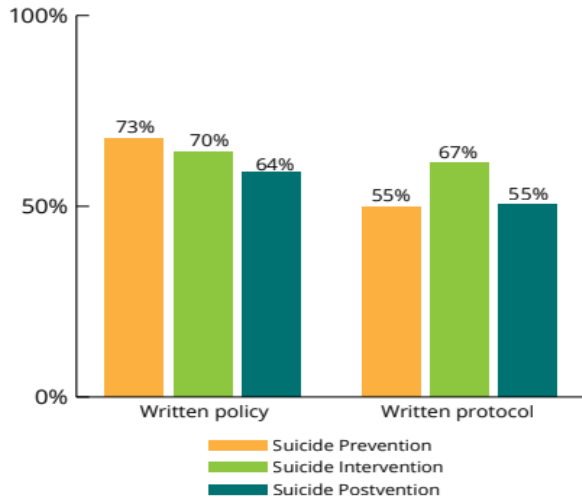
Suicide
Prevention,
Intervention &
Postvention

Mental Health
Promotion

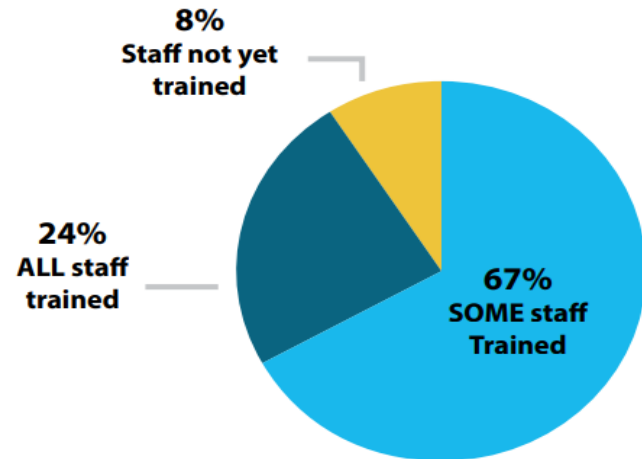
Peer Engagement

Suicide Prevention, Intervention and Postvention

Do policies and protocols include suicide prevention, intervention, and postvention?

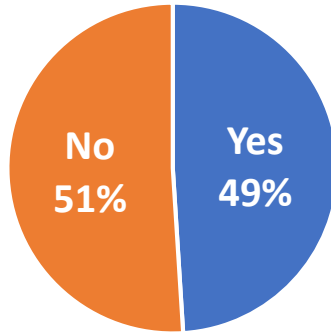


Have district or school staff received training on suicide prevention?

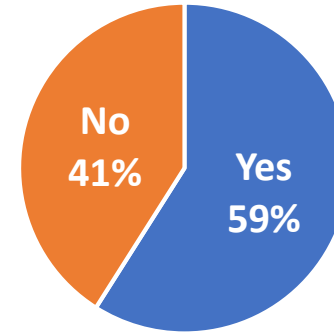


Suicide Prevention, Intervention and Postvention

Does your LEA offer trainings to families/caregivers on SUICIDE PREVENTION?

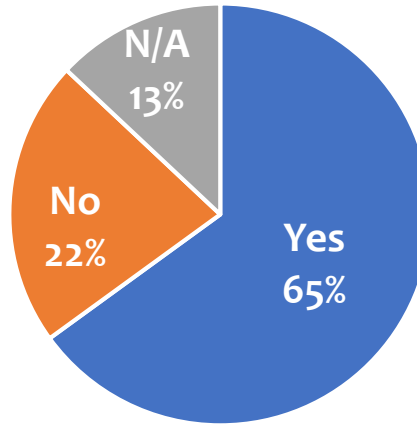


Does your LEA website have current resources and information on SUICIDE PREVENTION?



Suicide Prevention, Intervention and Postvention

For middle or high schools, do your students' ID cards list the national suicide lifeline number?



Suicide Risk Screenings

Suicide Risk Screening Vs. Suicide Risk Assessment

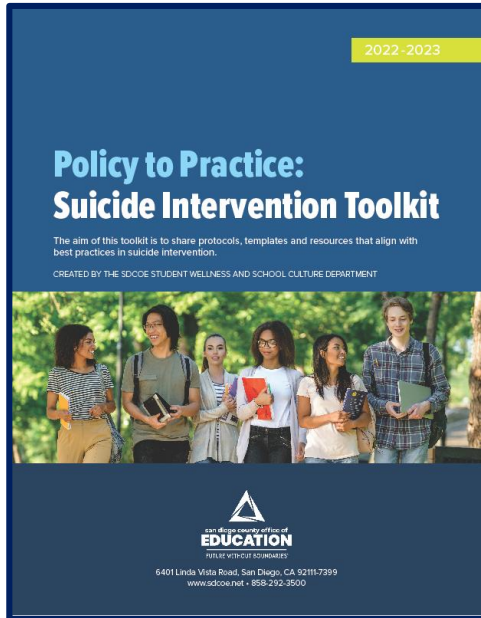
Suicide Risk Screening

A standardized instrument used to identify students who may be at risk for suicide, administered by any school staff.

Suicide Risk Assessment

A more comprehensive evaluation tool to confirm suspected suicide risk, estimate immediate danger, and decide on course of treatment, administered by trained school professional.

Policy to Practice Toolkit



- adopt an evidence based suicide risk screening tool that is universally shared and used across all schools
- develop or enhance suicide intervention protocols to ensure students are supported and safe
- meet the unique needs of each LEAs suicide intervention protocols and practices
- utilize systematic best practice actions, templates, strategies and resources that uses a holistic approach to promote student wellness and safety

[Access the Toolkit Here](#)

Comprehensive Suicide Intervention



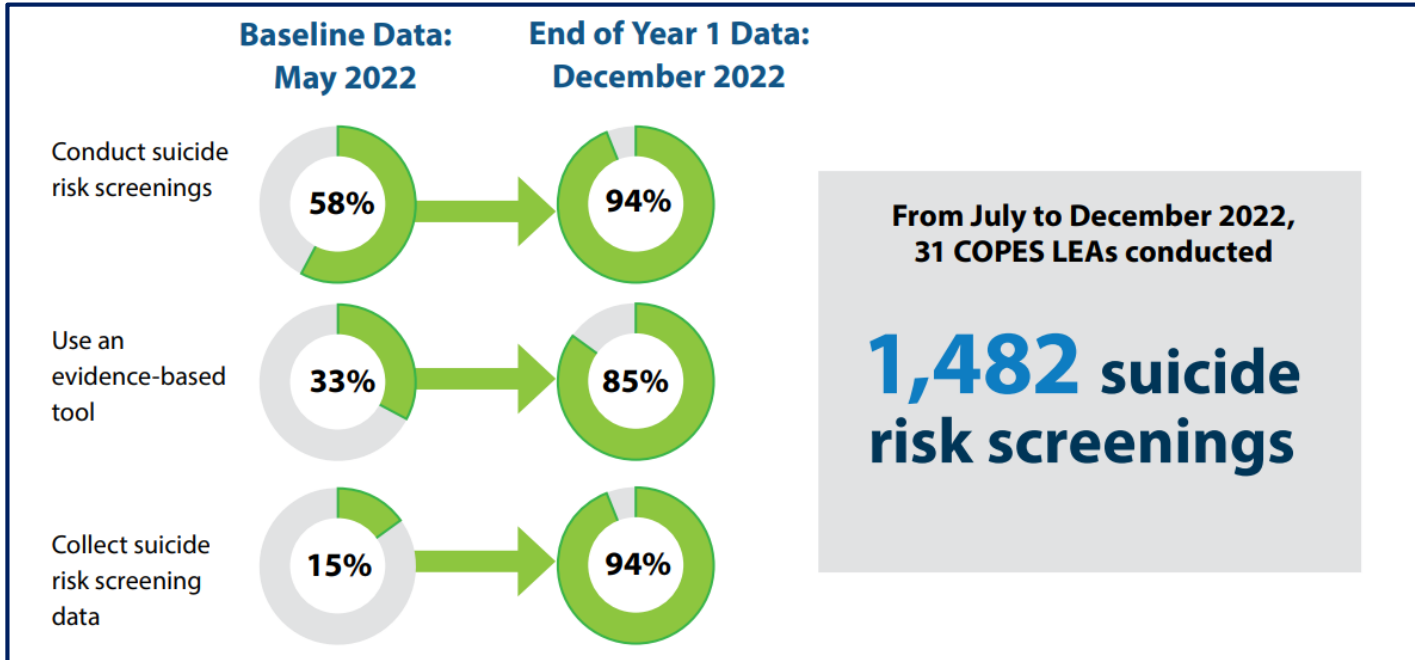
Suicide Screening Data Collection

32 LEAs are reporting monthly data on:

1. Number of suicide risk screenings
2. Gender
3. Race/ethnicity
4. Grade
5. Level of severity
6. Outcome



Moving the Needle



Additional Data Collection

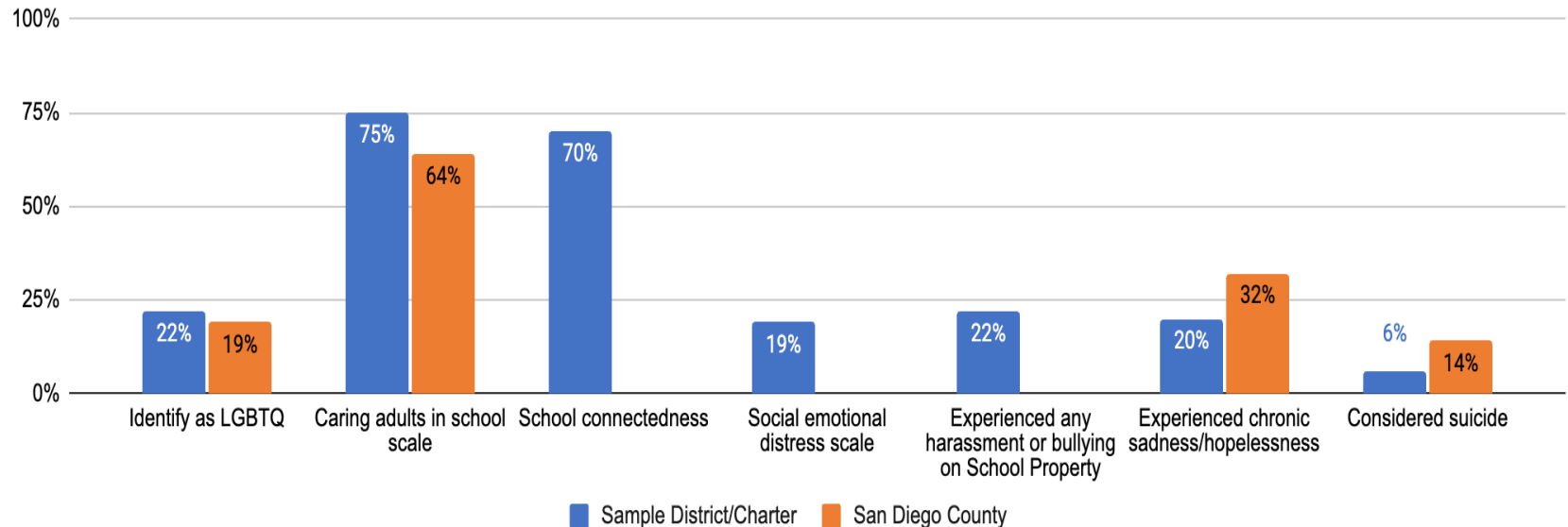
A School-Based Multilevel Study of Adolescent Suicide Ideation in California High Schools

This study focused on suicide ideation among high school students and found the negative association between student-level school climate perceptions and suicide ideation is supported by many studies that identified positive school climate as a protective factor associated with better mental health outcomes

CHKS Core Module

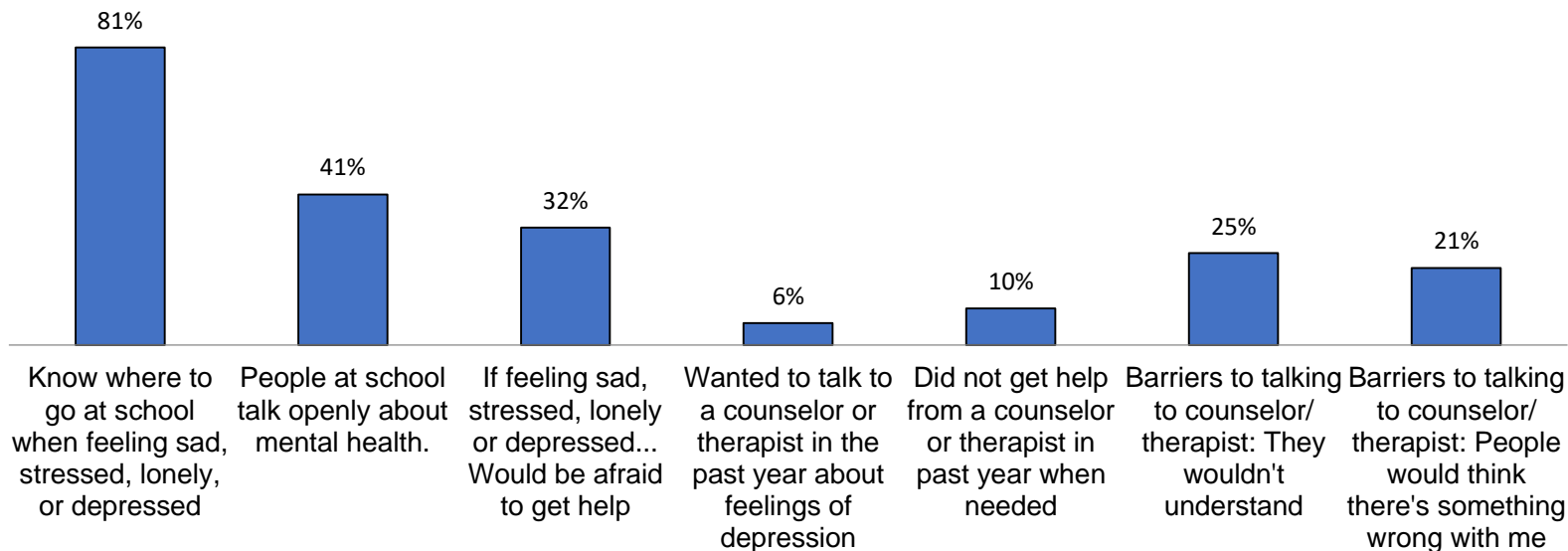
School Mental Health Indicators - 2021-22 California Healthy Kids Survey, Core Module

Sample District/Charter and San Diego County; 7th grade students



CHKS Mental Health Supports Module

School Mental Health Indicators - 2021-22 California Healthy Kids Survey, Mental Health Supports Module



Capacity Building Efforts

	Trainings/ Events	Staff Participants	Student Participants	Parent/ Caregiver Participants
Mental Health Trainings	119	1,742	5,265	728
Suicide Prevention/ Intervention Trainings	174	4,454	8,485	392
Mental Health Promotion	29	543	10,499	467
TOTAL	322	6,739	24,249	1,587

COPES Liaisons

Capacity Building Efforts

- Each LEA identified a COPES Liaison
- Capacity building to become subject matter experts in suicide prevention
- Most LEAs have COPES leadership teams to build LEA capacity
- Leadership teams participate in specific trainings
- Training of Trainers

Capacity Building Efforts

Ongoing COE Support

- ✓ Monthly Meetings
- ✓ Individual Meetings
- ✓ Office hours
- ✓ Resource development
- ✓ Legislative compliance

Training/Technical Assistance

- ✓ Suicide prevention, intervention and postvention
- ✓ Mental health literacy and promotion
- ✓ Mental health & wellness topics

Calming Corners

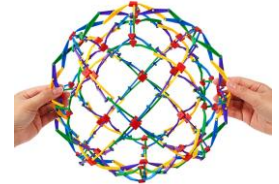
It Started With Comfort Cubs



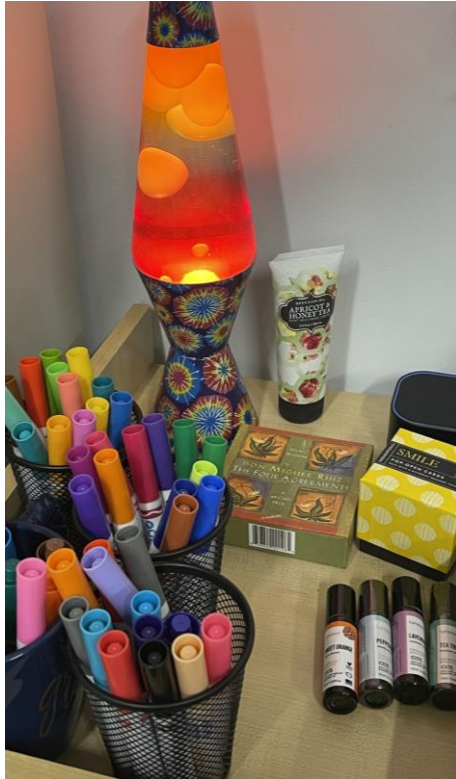
- Every COPES school received a therapeutic weighted bear
- Proven by both doctors and therapists to ease anxiety
- Brings a sense of peace and calm

Calming Corners Kits

- ❖ 1 calming corner kit/school=470 schools
- ❖ Includes:
 - Bean bag chair
 - Fidget set
 - Hug ball
 - Breathing ball
 - Liquid timers
 - Weighted lap puppy
 - Mental health posters
 - Noise cancelling headphones



Calming Corner for Staff: A Prototype



Next Steps

Next Steps

Deeper trainings
(suicide prevention
policies,
postvention
planning)

**Individualized
supports** based on
needs assessment
results

Ongoing data
collection/analysis

Explore **communication
pathways** between the
**medical and education
systems** when a student is
identified in a mental
health crisis/suicidal

Peer Programming

Suicide Prevention Peer Programming

- 25 LEAs have committed to implementing peer programming over next 3 years
- This equates to 180 elementary, middle and high schools
- Build a youth advisory council in San Diego



Creating Opportunities in Preventing and Eliminating Suicide (COPES) | YEAR ONE HIGHLIGHTS



Background

The San Diego County Office of Education (SDCOE) leads the Creating Opportunities in Preventing and Eliminating Suicide (COPES) initiative, a four-year grant funded by the State of California Mental Health Student Services Act (2021-2025). The SDCOE COPES leadership team aims to build the capacity of participating local education agencies (LEAs) to support school communities that champion mental wellness. Focus areas include staff and student wellness and resiliency; stigma reduction; suicide prevention, intervention, and postvention; professional development and programming for educators, staff, students, and families; and developing coordinated referral pathways for students needing mental/behavioral health services.

This is a partnership between SDCOE, County of San Diego Behavioral Health Services, 16 school districts, five multi-site charter school organizations, and 12 single-site charter schools. These LEAs collectively serve over 334,600 students in 470 San Diego County schools. Each LEA has designated a COPES liaison and/or leadership team to partner with SDCOE. The liaisons and teams participate in ongoing meetings, trainings, and coaching to become subject-matter experts in mental health promotion and suicide prevention.

SDCOE works in partnership with the School Health Evaluation and Research Team from the University of California, San Francisco (UCSF) to conduct a comprehensive evaluation of the COPES initiative. This brief provides evaluation highlights from the first year of implementation.



Participating LEAs

Districts

- Bonsall
- Cajon Valley
- Chula Vista Elementary
- Fallbrook
- SDCOE Juvenile Court and Community Schools
- Lakeside
- La Mesa-Spring Valley
- Lemon Grove
- Mountain Empire
- National City
- Poway
- San Marcos
- San Diego Unified
- Santee
- Spencer Valley
- Sweetwater

Multi-Site Charter Schools

- Altus Schools (Audeo)
- Julian Charter Schools
- High Tech High
- Learning Choice Academy
- SIA Tech

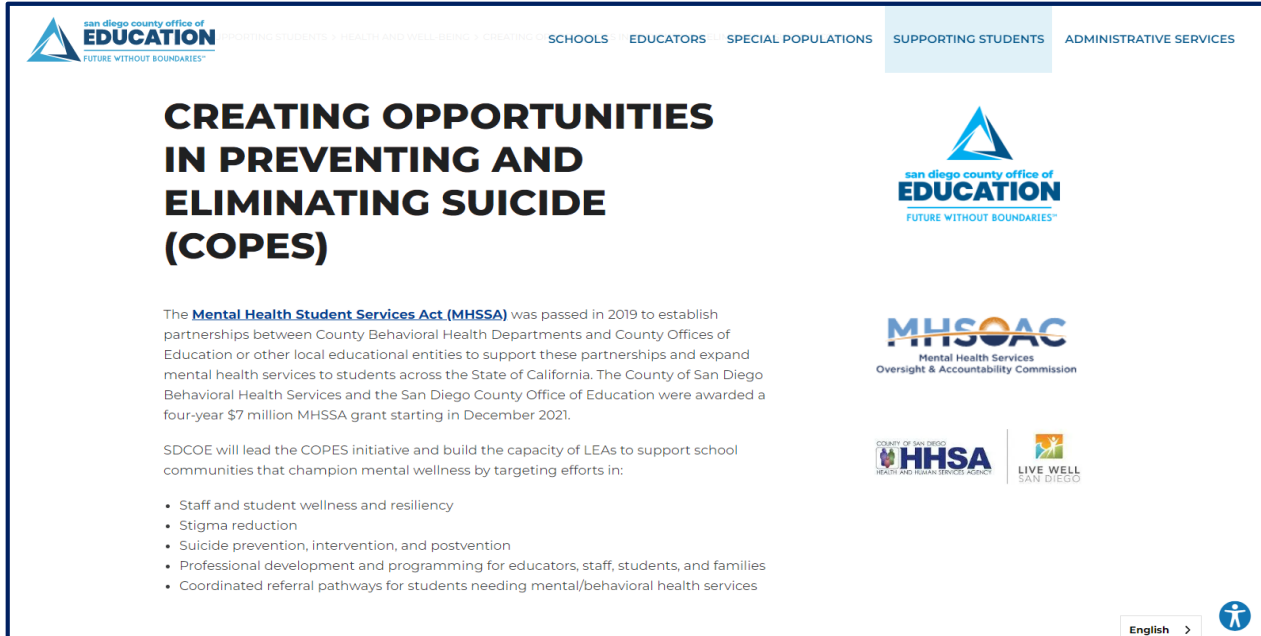
Single-Site Charter Schools

- City Heights Preparatory
- Compass
- Empower
- Feaster
- Helix High
- Mueller-Bayfront
- Motivated Youth Academy
- San Diego Global Vision Academy
- San Diego Virtual School
- Scholarship Prep Oceanside
- School for Entrepreneurship and Technology
- Urban Discovery

COPES Brief: Year One Highlights

[COPES Annual Brief](#)

COPES Webpage



The screenshot shows the top navigation bar of the COPES webpage. It includes the San Diego County Office of Education logo and a menu with the following items: "INSPIRING STUDENTS", "HEALTH AND WELL-BEING", "CREATING OPPORTUNITIES", "SCHOOLS", "EDUCATORS", "SPECIAL POPULATIONS", "SUPPORTING STUDENTS" (highlighted), and "ADMINISTRATIVE SERVICES".

CREATING OPPORTUNITIES IN PREVENTING AND ELIMINATING SUICIDE (COPES)

The [Mental Health Student Services Act \(MHSSA\)](#) was passed in 2019 to establish partnerships between County Behavioral Health Departments and County Offices of Education or other local educational entities to support these partnerships and expand mental health services to students across the State of California. The County of San Diego Behavioral Health Services and the San Diego County Office of Education were awarded a four-year \$7 million MHSSA grant starting in December 2021.

SDCOE will lead the COPES initiative and build the capacity of LEAs to support school communities that champion mental wellness by targeting efforts in:

- Staff and student wellness and resiliency
- Stigma reduction
- Suicide prevention, intervention, and postvention
- Professional development and programming for educators, staff, students, and families
- Coordinated referral pathways for students needing mental/behavioral health services

Logos for the following organizations are displayed on the right side of the page:

- San Diego County Office of Education
- MHSOAC (Mental Health Services Oversight & Accountability Commission)
- County of San Diego HHSA (Health and Human Services Agency)
- Live Well San Diego

At the bottom right, there is a language selection dropdown set to "English" and an accessibility icon.

[COPES-SDCOE Website](#)

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