



SAFETY MATTERS

RISK MANAGEMENT NEWSLETTER

IN THIS ISSUE

MAY 10, 2024

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SUICIDE PREVENTION

OBJECTIVE To increase the awareness of the resources available to help with suicide prevention efforts.

Suicide is preventable and everyone has a role to play to save lives and create healthy and strong individuals, families, and communities. According to the Centers for Disease Control and Prevention (CDC), someone in the U.S. dies by suicide every 11 minutes, and it is the leading cause of death for youth ages 13-18.

KNOW THE SIGNS

While there is no conclusive list of all warning signs, there are some that are particularly common among teens and young adults. Keep an eye out for these warning signs:

- Withdrawal
- Reckless behavior
- Personality change
- Substance abuse
- Neglect of personal appearance
- Loss of interest
- Giving away belongings
- Removing all photos from social media
- Posts on social media that romanticize suicide and deaths





FOLLOW YOUR ORGANIZATION'S SUICIDE PREVENTION POLICY

K-12 districts are required to have suicide prevention policies in place as outlined in Ed. Code 215. Districts should review their existing board policies and administrative regulations to ensure they address the needs of high-risk groups:

- Youth bereaved by suicide
- Youth with disabilities, mental illness, or substance abuse disorders
- Youth experiencing homelessness or in out-of-home settings such as foster care
- Lesbian, gay, bisexual, transgender, or questioning youth

While Institutions of Higher Education (IHEs) are not required to have a suicide prevention policy under Ed. Code 215, it is good practice to include a suicide prevention plan under the Student Health Services policy. Both institutions of higher education and school districts that serve grades 7-12 are required to print the following suicide prevention resources on student ID cards per Ed. Code 215.5:

- National Suicide Prevention Lifeline: (800) 273-8255 (this is the 10-digit previous number still in operation) The National Suicide Prevention Lifeline is 988 as of 2022.
- National Domestic Violence Hotline: (800) 799-7233

REACH OUT

In addition to the national hotlines, there are several local resources within the Inland Empire that can offer treatment and assistance to students:

Riverside County

CARES Line (Community, Access, Referral, Evaluation, and Support)
800-499-3008 | up2riverside.org

Information and referrals for Medi-Cal and Riverside County Health Plan beneficiaries seeking mental health services

Riverside County Regional Medical Center ETS

951-358-4881

24/7 clinical evaluation, crisis intervention, and referrals for psychiatric hospitalization as needed

San Bernardino County

County of San Bernardino Access Unit

888-743-1478

24/7 call center comprised of mental health professionals

Community Crisis Response Team (CCRT)

Call (800) 398-0018 or text (909) 420-0560

Community-based mobile crisis response program for children experiencing a psychiatric emergency, available 7 a.m.-10 p.m., 365 days per year

Crisis Walk in Centers (CWIC)

CWIC High Desert: 760-245-8837 (24/7)

CWIC Morongo Basin: 760-365-2233 (24/7)

Additional Resources for Schools

Free suicide prevention modules geared toward educators:

[CDC Suicide Prevention Resources](#)

[Professional Development Series: California | The Jason Foundation, Inc.](#)

[Suicide Prevention Awareness | Know the Warning Signs of Suicidal Behavior \(suicideispreventable.org\)](#)

[Youth Suicide Prevention- Mental Health \(CA Department of Education\)](#)

[Suicide Prevention Awareness for Parents/Caregivers](#)

[Suicide Prevention Resource Center — Colleges and Universities](#)

This California Schools JPA fact sheet is not intended to be exhaustive. The discussion and best practices suggested herein should not be regarded as legal advice. Readers should pursue legal counsel or contact their insurance providers to gain more exhaustive advice.

