

## Chapter 12: Suicide and Schools: Resources

Find Dr. Erbacher's quarterly newsletter at <http://www.delcosuicideprevention.org>

### WEBSITES

National Association of School Psychologists <http://www.nasponline.org>

Save a Friend: Tips for Teens to Prevent Suicide:

[http://www.nasponline.org/resources/crisis\\_safety/savefriend\\_general.aspx](http://www.nasponline.org/resources/crisis_safety/savefriend_general.aspx)

Times of Tragedy: Preventing Suicide in Troubled Children and Youth, Part I:

[http://www.nasponline.org/resources/crisis\\_safety/suicidept1\\_general.aspx](http://www.nasponline.org/resources/crisis_safety/suicidept1_general.aspx)

National Association of Secondary School Principals *Taking the Lead on Suicide Prevention and Intervention in the Schools*: <http://www.nasponline.org/resources/principals/index.aspx>. This will be a helpful resource to share with your school administrators.

### AWARENESS/PREVENTION FOR PROFESSIONALS

Active Minds empowering youth on college campuses: <http://www.activeminds.org>

Aevidum to empower students: <http://aevidum.com>

American Association of Suicidology: <http://www.suicidology.org>

American Foundation for Suicide Prevention: <http://www.afsp.org>

American Psychological Association Children & Trauma:

<http://www.apa.org/pi/families/resources/children-trauma-update.aspx>

Delaware County Suicide Task Force: <http://www.delcosuicideprevention.org>

Jason Foundation Suicide Prevention Program: <http://www.jasonfoundation.com>

National Organization of People of Color Against Suicide: <http://www.nopcas.com>

QPR Institute: <http://www.qprinstitute.com>

Suicide Awareness/Voices of Education: <http://www.save.org>

Substance Abuse and Mental Health Services Administration: <http://www.samhsa.gov>

Center for Disease Control: <http://www.cdc.gov>

Minding your Mind: <http://www.mindingyourmind.org>

National Suicide Prevention Resource Center: <http://www.sprc.org>

National Council on Suicide Prevention: <http://www.ncsp.org>

National Alliance on Mental Illness: <http://www.nami.org>

National Institute of Mental Health: <http://www.nimh.nih.gov/suicideprevention/index.cfm>

National Mental Health Association: <http://www.nmha.org>

Pennsylvania Youth Suicide Prevention Initiative: <http://www.paspi.org/Training.php>

Speaking of Suicide: <http://http://www.speakingofsuicide.com>

Signs of Suicide Prevention Program: <http://www.mentalhealthscreening.org/highschool/>

U.S. Department of Health and Human Services, National Strategy on Suicide Prevention:

<http://www.mentalhealth.samhsa.gov/suicideprevention/>

Yellow Ribbon Youth Suicide Prevention Program: <http://www.yellowribbon.org>

## **CONNECT WITH LOCAL CONTACTS**

Suicide Prevention Resource Center (SPRC): Provides an alphabetical listing of states and territories along with contact information for the person(s) who are taking the lead in the state plan development

or implementation process: <http://www.sprc.org/states/all/contacts>

## **FOR SURVIVORS OF SUICIDE**

American Association of Suicidology - Clinicians as Survivors of Suicides:

[mypage.iusb.edu/~jmcintos/therapists\\_mainpg.htm](http://mypage.iusb.edu/~jmcintos/therapists_mainpg.htm)

Center for Loss and Bereavement: <http://www.bereavementcenter.org>

Compassionate Friends for Parents who Lost Children: <http://www.compassionatefriends.org>

Dougy Center for Grieving Children and Families: <http://www.dougy.org>

Friends and Families of Suicides: <http://www.friendsandfamiliesofsuicide.com>

Grief Loss Recovery: <http://www.recover-from-grief.com>

National Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org>

Online Healing for Grief: <http://www.journeyofhearts.org>

Parents of Suicides: <http://www.parentsofsuicide.com>

Suicide Memorial Wall: <http://www.suicidememorialwall.com>

Survivors of Suicide (SOS): <http://www.survivorsofsuicide.com>

## **CONTEMPLATING SUICIDE?**

Go here: <http://www.metanoia.org/suicide>

## **WEBSITES FOR TEENS**

Facts for Teens: Teen Suicide: <http://www.safeyouth.org/scripts/teens/docs/suicide.pdf>

Go Ask Alice!: <http://www.goaskalice.columbia.edu>

Hospice: <http://www.hospicenet.org/html/teenager.html>

Jason Foundation: <http://www.jasonfoundation.com/student.html>

The ME Project: <http://meproject.org>

Jed Foundation: <https://www.jedfoundation.org/students>

National Institute of Mental Health: <http://www.nimh.nih.gov/publicat/friend.cfm>

Reach Out: <http://www.reachout.com>

Samariteens: <http://www.samaritansofboston.org/samariteens.html>

Suicide Prevention Lifeline: <http://www.suicidepreventionlifeline.org>

TeensHealth Answers & Advice: <http://kidshealth.org/teen>

Trevor Project: <http://www.thetrevorproject.org>

## **FOR PARENTS**

Parent Awareness Series: <http://www.sptsnj.org/pdfs/parent-awareness-handout.pdf>

## **PROFESSIONAL VIDEOS**

School-based suicide prevention: A matter of life and death by Jan Ulrich. Visit:

[http://www.sprc.org/library\\_resources/items/school-based-suicide-prevention-matter-life-and-death](http://www.sprc.org/library_resources/items/school-based-suicide-prevention-matter-life-and-death)

Training Videos for schools, colleges and clinicians by Dr. Scott Poland. Visit:

<http://www.nova.edu/suicideprevention/training-videos.html>

## **TWITTER – Who to follow**

- Active Minds, Inc. @Active\_Minds
- American Association of Suicidology @AASuicidology
- American Foundation for Suicide Prevention @afspnational
- Bazelon Center @BazelonCenter
- Dart Center for Journalism & Trauma @DartCenter
- End The Stigma @EndTheStigma

- IMALive Crisis Chat @\_IMALive
- International Association for Suicide Prevention (IASP) @IASPinfo
- It Gets Better @ItGetsBetter
- National Alliance on Mental Illness (NAMI) @NAMICommunicate
- National Institute of Mental Health (NIMH) @NIMHgov
- Social Work Podcast @socworkpodcast
- Suicide Prevention Resource Center @SPRCtweets
- Suicide Prevention Social Media Chat @SPSMChat
- SuicidePreventionAUS @SuicidePrevAU
- The Substance Abuse and Mental Health Services Administration @samhsagov
- The Trevor Project @TrevorProject
- To Write Love On Her Arms (TWLOHA) @TWLOHA
- Young Minds Advocacy Project @YoungMindsAdvoc

## **BIBLIOTHERAPY**

More books, resources and readings can be found on the following sites:

<http://www.afsp.org>

<http://www.suicide.org/suicide-books.html>

<http://www.forsuicidesurvivors.com/Good-Books-for-Survivors-of-Suicide.html>

## **BOOKS FOR PROFESSIONALS**

- Berman, A.L., Jobes, D.A. & Silverman, M.M. (2006) Adolescent suicide: Assessment and intervention – 2nd Edition

- Brent, D.A., Poling, K.D. & Goldstein, T.R. (2011) Treating depressed and suicidal adolescents: A clinician's guide
- Cohen, J.A., Mannarino, A.P. & Deblinger, E. (2006) Treating Trauma and Traumatic Grief in Children and Adolescents
- Dunne, E. McIntosh, J. and Dunne-Maxim, K. (1987) Suicide and Its Aftermath, Understanding and Counseling the Survivors
- Figley, C.R. (1999) Traumatology of grieving: Conceptual, theoretical and treatment foundations
- Goldsmith, S. (2002) Reducing Suicide: A National Imperative
- Goldston, D.B. (2003) Measuring suicidal behavior and risk in children and adolescents
- Jamison, K.R. (1999) Night Falls Fast: Understanding Suicide
- Joiner, T. (2005) Why People Die by Suicide
- Johnson, K. (1998) Trauma in the lives of children: Crisis and stress management techniques for counselors, teachers and other professionals
- Juhnke, G.A., Granello, D.H. & Granello, P.F. (2011) Suicide, self-injury and violence in the schools: Assessment, prevention and intervention strategies
- Kerr, M.M. (2003) Postvention Standards Manual: A Guide for a School's Response in the Aftermath of a Sudden Death
- Leach, M.M. (2006) Cultural diversity and suicide: Ethnic, religious, gender and sexual orientation perspectives.
- Lehmann, L., Jimerson, S., & Gaasch, A. (2001) Teens together grief support group curriculum: Adolescence edition.
- Leong, F.T.L & Leach, M.M. (2008) Suicide among racial and ethnic minority groups
- Lester, D. (1992) Why People Kill Themselves
- Lowenstein, L. (2006) Creative Interventions for Bereaved Children

- Maltzberger, J.T. and Goldblatt, M.J. (Eds.) (1996) *Essential Papers on Suicide*
- Maris, R. Berman, A. and Silverman, M. (2000) *Comprehensive Textbook of Suicidology*
- Miller, D. (2011). *Child and adolescent suicidal behavior: School-based prevention, assessment and intervention*
- Poland, S. (1989). *Suicide intervention in the schools.*
- Rudd, M.D., Joiner, T, & Rajab, M.H. (2001) *Treating suicidal behavior: An effective, time-limited approach.*
- Shea, S.C. (1999) *The practical art of suicide assessment.*
- Shneidman, E. (1996) *The Suicidal Mind*
- Stroebe, M.S., Hansson, R.O., Schut, H. & Stroebe, W. (Eds.) (2008) *Handbook of Bereavement Research and Practice*
- Trozzi, M. & Massini, K. (1999) *Talking With Children about Loss*
- Webb, N.B. (2011) *Helping Bereaved Children: A Handbook for Practitioners*
- Wenzel, A, Brown, G.K. & Beck, A.T. (2009) *Cognitive therapy for suicidal patients: Scientific and clinical applications*
- Worden, J.W. (1996) *Children and grief: When a parent dies*
- Worden, J.W. (2008) *Grief Counseling and Grief Therapy: A Handbook for the Mental Health Practitioner (4th edition)*
- Wright, H. (1993) *Crisis Counseling: What to Do and Say During the First 72 Hours*

#### **BOOKS FOR SURVIVORS OF SUICIDE**

- Bolton, I. (1983) *My Son, My Son: A Guide to Healing After a Suicide in the Family,*
- Chalifour, F. (2005) *After*
- Chance, S. (1997) *Stronger than Death: When Suicide Touches Your Life*

- Harrison, J. (2006) *Incomplete Knowledge*
- Hopely, M. (2013). *The People you meet in real life*
- Kosminsky, P. (2007) *Getting back to life when grief won't heal*
- Loehr, C.A. (2006) *My Uncle Keith Died*
- Cobain, B. & Larch, J. (2006) *Dying to Be Free: A Healing Guide for Families after a Suicide*
- Lukas, C. & Seiden, H. (2007) *Silent Grief: Living in the Wake of Suicide*
- Lukas, C. (2008) *Blue Genes: A Memoir of Loss and Survival*
- Treadway, D.C. (1996) *Dead Reckoning: A Therapist Confronts His Own Grief*
- Wickersham, J. (2008) *The Suicide Index: Putting My Father's Death in Order*

#### FOR MEN

- Cox, P. (2002) *When Suicide Comes Home: A Father's Diary and Comments*
- Golden, T.R. (1996) *Swallowed by a Snake: The Gift of the Masculine Side of Healing*

#### POETRY/INSPIRATIONAL

- Greenleaf, C. (2006) *Healing the Hurt Spirit: Daily Affirmations for People Who Have Lost a Loved One to Suicide*
- Smith, H.I. (2006) *A Long-Shadowed Grief: Suicide and its Aftermath*
- Staudacher, C. (1994) *A Time to Grieve: Meditations for Healing After the Death of a Loved One*

#### SOCIAL WORK PODCAST EPISODES



Singer, J. B. (Producer). (2007, January 29). Crisis intervention and suicide assessment: Part 2 – intervention and crisis assessment [Episode 4]. Social Work Podcast [Audio podcast].

Retrieved from <http://socialworkpodcast.com/2007/02/crisis-intervention-and-suicide.html>

Singer, J. B. (Producer). (2010, February 21). Suicide and Black American males: An interview with Sean Joe, Ph.D., LMSW [Episode 56]. Social Work Podcast [Audio podcast]. Retrieved

from <http://socialworkpodcast.com/2010/02/suicide-and-black-american-males.html>

Singer, J. B. (Producer). (2007, October 15). Dialectical Behavior Therapy: Interview with Sabrina Heller, LSW. [Episode 26]. Social Work Podcast [Audio podcast]. Retrieved from

<http://socialworkpodcast.com/2007/10/dialectical-behavior-therapy-interview.html>

Singer, J. B. (Producer). (2011, December 5). Lonely at the top: Interview with Thomas Joiner, Ph.D. [Episode 70]. Social Work Podcast [Audio podcast]. Retrieved from

<http://www.socialworkpodcast.com/2011/12/lonely-at-top-interview-with-thomas.html>

Singer, J. B. (Producer). (2012, August 10). Non-suicidal self-injury (NSSI): Interview with Jennifer Muehlenkamp, Ph.D. [Episode 73]. Social Work Podcast [Audio podcast]. Retrieved

from <http://www.socialworkpodcast.com/2012/08/non-suicidal-self-injury-nssi-interview.html>

Singer, J. B. (Producer). (2012, September 11). The Chronological Assessment of Suicide Events (CASE) Approach: Interview and role play with Shawn Christopher Shea, M.D. [Episode 74].

Social Work Podcast [Audio podcast]. Retrieved from

<http://www.socialworkpodcast.com/2012/09/the-chronological-assessment-of-suicide.html>