



# ***Every educator can help save a youth from suicide. Get trained.***

Many trainings are free or low-cost and are open to anyone!

Learn more:



<http://tinyurl.com/58v88mr>



*Start Upstream:*  
**Promote wellbeing**, resilience, and connection for ALL students.

**Identify warning signs** in ALL students and screen for risk of suicide.

When a student shows warning signs, follow your school's policies to **connect them to appropriate care.**

When a student is experiencing suicidal thoughts, mental health professionals **intervene and treat.**

If a suicide death occurs, **respond to the loss** and work to heal your community.

# Which training is right for you?

## For Anyone!

### Trauma Transformative Schools

*Length of Training: 6.5 hours (virtual)*

Teaches how trauma impacts youth and staff, what trauma-informed practices are, and how to address this in the school setting to **promote wellbeing** for all.

The following trainings teach how to **identify warning signs** and **connect someone to appropriate care**:

### Youth Mental Health First Aid (YMHFA)

*Length of Training: 6.5 hours (virtual or in person)*

### Umatter Suicide Prevention Awareness and Skills

*Length of Training: 1.5 hours (virtual)*

### Question, Persuade, Refer (QPR)

*Length of Training: 1 hour (virtual)*

## For Students

### Puppets in Education

*Audience: Preschool to 6<sup>th</sup> grade*

*Length of Training: Full or half day (in person)*  
Teaches about topics like autism, bullying, health, and cultural or physical difference to **promote wellbeing**.

### Getting to Y

*Audience: 6<sup>th</sup> to 12<sup>th</sup> grade*

*Length of Training: 1 school year (in person)*  
Teaches students to use school-level data to enact change and **promote wellbeing** in their school or community.

### Teen Mental Health First Aid (tMHFA)

*Audience: 10<sup>th</sup> to 12<sup>th</sup> grade*

*Length of Training: 4.5 hours over 3 to 6 sessions (in person)*  
Teaches teens to **identify warning signs** and **connect their peers to support**.

## For Caregivers

### Finding Hope: Guidance for Supporting Those At Risk

*Length of Training: 1.5 hours (virtual or in person)*

Teaches caregivers how to **identify warning signs**, **intervene** with their youth, and navigate the mental health system after their youth has attempted suicide.

## For School Leaders

### Umatter for Schools

*Length of Training: 6 hours over 2 to 4 sessions (virtual or in person)*

Teaches how to **identify warning signs** and **connect a youth to care**. Teaches how to implement curricula that **promote wellbeing** and school policies for **responding to loss**.

## For Mental Health Staff

### Collaborative Assessment and Management of Suicidality (CAMS)

*Length of Training: 3 to 10 hours (virtual)*

Teaches how to **intervene with and treat** individuals experiencing suicidal thoughts.

### Counseling on Access to Lethal Means (CALM)

*Length of Training: 2 hours (virtual, self-paced, and free for anyone!)*

Teaches how to assess for the presence of lethal means (i.e. guns or medications) when **intervening** with someone at risk for suicide.

*Note: This is not an exhaustive list of suicide prevention trainings available to school staff in Vermont. The trainings included have been used and recommended by community partners or are funded by the State of Vermont.*