

# Discussion Guide:

## Suicide Prevention in a Virtual Setting

VIRGINIA DEPARTMENT OF EDUCATION: OFFICE OF STUDENT SERVICES  
Mental Health in Schools Module: Virtual Supports  
Presented by: Benjamin Fernandez

### **1. Envision what your ideal prevention program would look like in your school.**

- a. Who are the key members of your school prevention team?
- b. What data are you using to understand the needs and strengths of your school?
- c. How are you collecting data to inform your prevention work?
- d. What prevention goals have you established for the school year?

### **2. Review you school/school district's suicide prevention program.**

- a. In the context of virtual service delivery and doing no harm, are there ways to adapt your current prevention offerings from the in person to the virtual environment?
- b. What enhancements to your program are necessary?
- c. Are the supports accessible to all students and families?
  - i. What barriers are preventing students and families from accessing your prevention programming?

### **3. Knowledge**

- a. What key concepts/information do you want your students to know?
- b. What key concepts/information do you want your families and staff to know?

# Discussion Guide:

## Suicide Intervention in a Virtual Setting

VIRGINIA DEPARTMENT OF EDUCATION: OFFICE OF STUDENT SERVICES  
Mental Health in Schools Module: Virtual Supports  
Presented by: Benjamin Fernandez

1. Review your current suicide intervention procedures. Given the distance learning (virtual) environment:

- Who are the key members of your suicide intervention team?
- How are you communicating student concerns to the suicide intervention team?
  - How are teachers referring students?
  - How are caregivers referring?
  - How are students referring or self-referring?
- Who are your community partners that will work with your school district to support student needs?
- What approved technologies will you use to connect with students and caregivers?
  - What is your backup form of communication?
  - Is the technology secure?
- What telehealth training have you received, or do you need to consider receiving?
- What goals have you established for the school year?

2. Review you school/school district's suicide intervention program.

- In the context of virtual service delivery and doing no harm, are there ways to adapt your intervention procedures from the in person to the virtual environment?
- As a team, problem solving the following situations:
  - When you are conducting a suicide screening and technology and communication fails.
  - When you are working with a student who was referred to you because of suicidal statements and the student hangs up on you.
  - When you cannot reach the parent when you begin your suicide screening.
  - When you cannot reach the student after you receive a referral regarding concerns from a teacher.
  - When you need to conduct a suicide screening and you encounter a language and/or cultural barrier.

3. Knowledge

- What doing concerning behaviors and emotions look like in a virtual environment?
- How will you communicate this information to teachers?