Mental Health and Suicide Prevention Trainings/Programs for School Communities

Educating school communities about youth mental health and suicide prevention is key to promoting the well-being and academic success of youth. Staff, teachers, parents, and students all need a foundational understanding of youth mental health and gatekeeper training skills in order to promote student well-being and reduce the risk of suicide among school-aged youth. It is well understood that children cannot learn when they are experiencing trauma or stress. Unmet mental health needs decrease a student's ability to learn.

Psychiatric illnesses begin in 50% of lifetime cases by age 14. "First onset of mental disorders usually occurs in childhood or adolescence." https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1925038/ Moreover, research has shown that clinical depression in adolescents can be prevented or reduced in severity through educating youth in effective ways to deal with stressful life circumstances. Early intervention can prevent worsening symptoms of depression. Early recognition and treatment does prevent the worst outcome of these illnesses, suicide.

Learning about youth mental health, either various mental health conditions or the practical aspects of youth mental health such as self-management and interpersonal relationships, can make talking about and seeking help for mental health struggles or challenges the norm. A foundational understanding of youth mental health is needed in order to realize the importance of intervening in a crisis, should one develop. Once staff or parents have a basic understanding of youth mental health they can be trained as gatekeepers. A gatekeeper is someone who knows how to safely talk with a student they are concerned may be at risk for suicide and how to then get the student to the help they need. We strongly recommend beginning with mental health trainings before moving on to trainings about suicide, especially for youth.

Everyone in the school community should learn how or improve their ability to support youth behavioral health. This chart is designed to help schools and school districts identify what programs suit their needs. It offers an overview of evidence-based and evidence-informed programs. Basic information about each program is provided. If a program fits the needs of a school or school district, its website is provided for further information. The Chart is organized using the Multi-Tiered Systems of Support (MTSS) model:

- **Tier I:** Universal/Prevention trainings are for students and parents. These programs/curricula educate about understanding, supporting, and improving youth mental health, as well as basic gatekeeper skills. Learning about mental health and when/how to seek help if needed are "upstream" suicide prevention skills.
- **Tier II:** At-Risk/Intervention trainings are for school staff and teachers. These programs/curricula improve skills needed to recognize, intervene with, and refer students who exhibit concerning behaviors or who may be at-risk for mental health crises, including suicide.
- Tier III: Crisis Response trainings are for counselors and mental health professionals. These enhance crisis response skills.

When youth and families become aware of what youth mental health needs look like and the supports available for these needs, referrals will increase, either through help-seeking or teacher/staff referrals. This expected increase is healthy, as it means youth are recognizing a need and seeking help before their symptoms worsen or a suicidal crisis occurs. Therefore, it is recommended that mental health professionals and counselors should be the first ones prepared to support students in crisis. Teachers and staff should then receive intervention and referral training, followed by student and parent/guardian youth mental health and gatekeeper trainings.

TIER 1 (STUDENTS)

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Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website Link	Content	Who Can Be Trained: students, ataff, parents	Format	Duration 10	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?							
Bounce Back	Shock-leved group intervention that aims to treach dementary students ways to cope with and recover from traumatic experiences	N	I randomized controlled trial completed shows effective. Replication study underway: Langley, A.K. et. al. (2015), Bounte south: differences and orienterating pulsable based intervention and differences and orienterating pulsable based intervention consulting and Clinical Psychology, 83, 853-865.	eal.	Geteral mennal Health	Elementary students exposed to stressful and traumatic ovents (K-S, ages 5-11) with one to three 1-hour group parent sessions	Ten group sessions of 4 to 6 children and 2-3 individual sessions if needed.	Jupproximent III weeks for one session per week.		Asterlas is released in the control of the control	One day training in recommended for mental health classics and have been trained in cognitive flathward intervention for Torman in Studies (CRIET) and or Torman Scound- Cognitive flathward Theoremy (Tri-CRI) and also have odd furnishen yield holds training the group through and CRIE is the set of 20 day beginning for directions she have not been proportionally and CRIET, these for maken relieved scalarshy and constituting hadened included.	I rannig a tranier con take 1-12 montro to complete							
Good Behavior Game	Helps create a positive learning environment by rewarding young children for on-task behaviors and encouraging teamwork.	Evidence-Based	See website: known to have positive and better life outcomes, including a decrease in suicide ideation, aggressive behavior, smoking, substance abuse, etc.	https://ecodbehavioneame.air ora/exidence_base.html	Suicide Prevention and Social Emotional Learning (SEL)	Elementary students; 1st and 2nd grade classrooms	In-class	1 yr+ (*10-15 min. once a week)		Cost is difficult to estimate because it really depends on the number of people being trained and who provides the origining cooching support. We typically estimate that it costs roughly 5500 per teacher, but due to economies of scale we would typically recommend training at least 40 teachers at a time.	Teachers and Educators								
Riding the Waves	Curriculum composed of interactive discussions and skill-building activities. Lussans address healthy emotional development, depression, and anxiety. This curriculum's overarching poll to build the emotional skills within children to prevent suicide at its earliest stages.	Evidence-Based		https://www. crisisconnections.org/pat- training/schools/	General Mental Health and Healths Emotional Development	Sth grade students & parent education handout available	In-class	12 short (20-40 minutes) lessons		For \$250 you will get access to 12 short [20-40 minutes) lessons in Riding the Wavas, which includes interactive discussions and skill-building activities. Another compensant to Riding the Walves is a pracet education handour, which students will take home to share with parents or guardians. They not only summarize the content of that day's lesson, but also excourage parents to talk about and practice the new skills with their children.	Bementary school counselors								
Signs of Suicide (SOS)	Students will learn how to identify the signs of depression and sucide in themselves and their pears. This training promotes help-seeking behaviors through the ACT model (Acknowledge, Care, Tell).	Evidence-Based	National Registry of Evidence-Based Programs and Practices (IMEEP) evidence-based trainings recommended for school (IMEEP) evidence-based trainings recommended for school (IMEE) beginning and "Program with Evidence of Effectiveness" - 1-1980; Georgian Seed (IMEE) - 1990; Georgian with evidence of effectiveness' based on its inclusion in SAMM-SEA's National Registry of Evidence-Based Programs and Practices (IMEEP).	https://www.minduse. cra/what-we-offer/usicide- creversion-programs/	Suicide Prevention, SPRC Guitekoopper	Middle school and High school students, ages 11-17. Gatekeeper training portions available for parents or school staff	In-class	1 hr		5495 for one year license (DVD, discussion guide, depression screening tool, access to entire portui)	School staff								
Trever Ufeguard Worlshop	Students will be able to identify the warning signs of degreesion and solicide, as well as personal self-creat students, how to region to warning signs of succide to keep personals, identify one supporting adult, and how to access services of "freeze Project," there are two excession of 1 (1687D) youth and one for premary south adultiness. Germal youth had self-ere assembles the impact of their language and actions. Note: NOT to be consisted within a year after a school has opening and actions. One of the property of their language and actions. Note: NOT to be consisted within a year after a school has opening and actions.	Evidence-Based	*Choosing a Suicide Prevention Gueskeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Centre, July 2015 February 2015 Centre, Centre Comparison Centre Cent	https://www.spec. crafresources; crcerams/trevor-lifequard- workshap	Suicide Prevention, SPRC Gateliceper	Middle and High school students	In-class or club meeting of 35 people or less	45-60 minute interactive workshop including activities and 3 videos	Subtitles in Spanish & materia can be presented in Spanish	PREE: includes access to 45-60 minute interactive workshop consisting of activities and 3 videos; Curriculum & closoroom activities available on line; https://www.bhstrevoroesiacs.com/education/fifebruard-workshop/	FREE critics webster training available for adult facilitators								
LivingWorks START (most recent program)	a school has openimonal a completed suicide. Students with be able to identify the warming signs of suicide and be able to connect peers to resources.	Evidence-Based	Emailed attachments of an info sheet as well as evidenced based research that was completed for the California Board of Education that was conducted on both eSuicideTALX and LivingWorks Start.	https://www.livingworks, net/start	Suicide Prevention	Middle and High school students. Training available for staff	Online	1-1.5 hours		Will be available for FREE via request to Santa Clara County Office of Education (SCCOE); includes access to curricula, safety resources, and support	Osline training								
Lifelines Prevention: Building Knowledge and Skills to Prevent Judice *	Provides students with facts about swicide in lessons that include role playing countries teaching them what to do when faced with a suicidal paer.	Evidence-Based	*Choosing a Suicide Prevention Gatekoeper Training Program - A Companison Table, Updated by the Suicide Prevention Resource Centre, July 2015 * Zinton / Jews 2000 congrammation Resource Centre, July 2015 * Zinton / Jews 2000 congrammation Resource Institutes American Science Suicide Engerntion - patiebrages Training constrain-comparison-table	https://www.hazelden. grg/weh/public/lifeli nes.page	Suicide Prevention, SPRC Gatekneper	Middle and High school students	In-class	Four 45-minute lessons		1-day (training can hold an average of 40 participants). * Training cost can be shared by participating school districts Total Cost: "\$6,265	* Training cost can be shared by perticipating school districts Total Cost: "\$6,000	2-day training (training can hold an average of 40 participanes).							
Lifelines Intervention: Helping Students at Risk for Suicide *	Provides information on how to respond to signs of suicide and address an at-risk student	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Compartion Tathe, Updated by the Suicide Prevention Resource Center, July 2018* <a (training="" ada="" an="" average="" both="" can="" href="https://www.scc.org/resources/centers/bloosing-uicide-prevention-sattledespo-training-preparamic-comparison-tathe-prevention-sattledespo-training-preparamic-comparison-tathe-prevention-sattledespo-training-preparamic-comparison-tathe-prevention-sattledespo-training-preparamic-comparison-tathe-prevention-sattledespo-training-preparamic-comparison-tathe-prevention-sattledespo-training-pr</td><td>https://www.hazelden.
cra/web/public/lifeTres.page</td><td>Suicide Intervention, SPRC
Gatekooper</td><td>Middle and High school students</td><td>In-class</td><td>1 day training</td><td></td><td>Currisolum cost: \$185 (includes a facilitator guide, a DVD, and a USB Flash
Unive with reproductable materials).
Training cost: \$5,000 for 1-day training + *51,000 for travel costs for 1-trainer,
1-day training, on held an average of 40 participants).
*Training cost can be shared by participating school districts
Total Cost: *54,000 for 1-day training school districts.</td><td>Social workers and school counselers (those participating in the interventions) can be
trained to deliver the training. Training cost. 55,000 for 1-day training. <51,000 for travel
costs for 1-brains, " of="" participants).<br="" the="">"Training cost can be shared by participating school disposition."	2-day training (training can hold an average of 40 participants)															
Lifelines Postvention: Responding to Suicide and Other Traumatic Death *	Focused on providing information on how to respond to suicide and other traumatic deaths in a school setting	Evidence-Based	"Choosing a Suicide Prevention Gatekoeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Centre, July 2015 - Strote (News see and Inspectation Centre, July 2015 - Strote (News See and Inspectation Centre) and Centre (News See and Inspectation Centre) and Centre (News See and Inspectation Centre) and Centre (News See and Centre	hetro://www.hazelden. cos/web/public/lifeTnes.page	Suicide Postvention, SPRC Gatekeeper	Middle and High school students	In-class	1 day training		Total Cost: -56,145	School administrative, leadership staff and social workers can be trained to deliver the training: Training cost 55,000 for 1-day training ~51,000 for travel costs for 1-trainer, 1- day fraining can be an average of 30 participants, * Training cost can be shared by participating school districts Total Cost: 75,000	3-day training (training can hold an average of 40 participants)							
LOOK LISTEN LINK *	Students will learn how to identify the signs of stress, anxiety, depression, and suicide prevention in themselves and their peers. This training promotes help-seeking behaviors and provides skill practice.	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Companion Table, Updated by the Suicide Prevention Resource Center, July 2018* https://www.sec.com/resources- perarams/choosing-suicide-prevention-patiekeeper-training- coursm-companion-table	https://www. crisisconnections.ong/pet- training/schools/	Suicide Prevention and General Mental Health, SPRC Gatekeeper	6th, 7th, and 8th grade students	In-class	Four 45-minute lessons		For the law price of \$250 you will get access to four short 45-minute lessons	Classroom teachers or counselors can incorporate into their health, social skills or family life curricula.								
Sources of Strength *	Focused on increasing help-seeking behaviors and promoting connections between peers and adults. This training uses upstream approaches to strengthen sources of support. Note Must blendly adult lead (school site) to champion this work and support peer leaders	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018 * https://www.sec.nou/resources; programs/choosing-du/cide-prevention-patekeeper-training- programs-comparison-table	www.sourcesofstrenath.org	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students. Parent & school stuff trainings available	In-person	3-6 month project		5.600 per school/team dus an additional 54.000 to send one participant to attend a forus-day Train the Trains (T4T) event. The casts per participant drops to \$2,500 H you send more than one. More details on the cost and access can be found at: <a choosing-suicide-prevention-patiekeeper-training-contrass-comparison-table-contrass-comparison-table-contrass-comparison-table-contrass-comparison-table-contrass-comparison-table-contrass<="" contrass="" href="https://www.sest.com/day/day/day/day/day/day/day/day/day/day</td><td>The program is delivered by either someone from Sources of Strength national training staff
or a confided regional training. The program of the staff of the st</td><td>Generally, about 18 months. The two most time-consuming
pieces of certification are that the candidate needs to attend a
four-day Train the Trainer (Tell peers), and then co-train with
someone from Sources of Strength staff twice. More details on
the process of trainer certification can be found at: https:
//sourcesofstrength.org/trainers/l44 overview)</td></tr><tr><td>NAMI Ending the Silence for Students</td><td>Students will gain knowledge on warning signs of mental health conditions, facts and statistics and how to get help for themselves or a friend.</td><td>Evidence-Informed</td><td>httm://doi.arsa.org/doi.anding?doi=10.1037%2Fsah000013S</td><td>https://www.nami.
com/Support:
Education/Mental-Health;
Education/NAMI-Ending-the;
Silence</td><td>General Mental Health</td><td>Middle/High school students. FREE
parent & school staff 1 hour
presentations available</td><td>In-person</td><td>50 minute
presentation</td><td></td><td>PREE: consists of a 90 min, presentation which includes two leaders one who
shares an informative presentation and a young adult with a mental health
condition who shares their journey of necovery. Audiance members can ask
questions and gain understanding of an often-misunderstood topic.</td><td>The presentation is delivered by two program leaders: one who shares an informative
presentation and a young adult with a mental health condition who shares their journey of
recovery.</td><td></td></tr><tr><td>Sandy Hook Promise's Start with Helio</td><td>This training promotes connectedness and inclusion; students will be able to recognize social isolation</td><td>Evidence-Informed</td><td>Did not provide any attachements</td><td>https://www.
sandyhookaromise.
ore/startwithhelio</td><td>General Mental Health</td><td>6-12 grade students</td><td>In-person
presentation or
digital format</td><td>30-45 minute
training</td><td></td><td>FREE (includes a train the trainer wideo, activities, and lesson plans that can be used to teach students the skills they need to create a culture of inclusion in their school and community) FREE (includes a 30-minute plug-and-play student training wideo, educator guides for a de-yournelf presentation, and supporting materials)</td><td>Educators (is a self-led program meaning it is designed for educators and administrators to be able to lead the program)</td><td>The train the trainer video is roughly 30 minutes -video is also free</td></tr><tr><td>Sandy Hook Promise - Say Something</td><td>Students will learn to identify the warning signs and threats of someone at risk of hurting themselves or others and how to intervene.</td><td>Evidence-Informed</td><td>Did not provide any attachements</td><td>https://www.
sandshookpromise.org/say-
something</td><td>General Mental Health</td><td>6-12 grade students</td><td>In-person
presentation or
digital format</td><td>30-45 minute
training</td><td></td><td></td><td>offered as an anemative</td><td>The train the trainer video is roughly 30 minutes -video is also free</td></tr><tr><td>More Than Sad *</td><td>There are three programs for Move Than Sad: a. School personnel learn school's resources, policies & protocols for identifying & sociation goods or fisk of suickle; b. Parents learn to dentify ugins of depression & other mental health problems, how to talk about mental health with their child & how to get</td><td>Evidence-Based</td><td>*Choosing a Suicide Prevention Gatekeeper Training Program - A
Comparison Table, Updated by the Suicide Prevention Resource
Center, July 2018* <td>hetos//www.spr. org/resources- programs/more-sad-suicide- prevention-aducation; teachers-and-other-school-</td><td>Suicide Prevention and General Mental Health, SPRC Gatekeeper</td><td>High School students (note: may be used for middle school students). Training video is available for educators, school staff, & parents</td><td>in-class for students, Teachers and parents version in assembly or staff development</td><td>The program is built around two 35-minute DVDs</td><td>Training available for parents and staff (English and Spanish</td><td>SS.99 for two DVD set from AFSP score. Accompanying material (facilitator guide and other materials) can be downloaded on the AFSP website https: //afo.pre/jour-work/education/more-than-sad/. Local AFSP chapters can gift the program to schools no cost. If chapter hosts MTS presentation is is at no cost.</td><td>School educator/counselor or, if through the local AFSP chapter, by volunteers.</td><td>Approximately one half day. Current TSL model being modified Mini pilot being conducted to modify the TSL model.</td>	hetos//www.spr. org/resources- programs/more-sad-suicide- prevention-aducation; teachers-and-other-school-	Suicide Prevention and General Mental Health, SPRC Gatekeeper	High School students (note: may be used for middle school students). Training video is available for educators, school staff, & parents	in-class for students, Teachers and parents version in assembly or staff development	The program is built around two 35-minute DVDs	Training available for parents and staff (English and Spanish	SS.99 for two DVD set from AFSP score. Accompanying material (facilitator guide and other materials) can be downloaded on the AFSP website https: //afo.pre/jour-work/education/more-than-sad/. Local AFSP chapters can gift the program to schools no cost. If chapter hosts MTS presentation is is at no cost.	School educator/counselor or, if through the local AFSP chapter, by volunteers.	Approximately one half day. Current TSL model being modified Mini pilot being conducted to modify the TSL model.
Gryphon Place Gatekeeper Suicide Prevention Program: A Middle School Curriculum *	held: On-stigmattise mental liheos, identify the warning signs of suicide and increase help-oseking behavior. This Gatekeeper Program has never been trought outside off M state lines. Currently don't have the captright or staff to administer the program on a target scale. Listed on SPRC "Choosing a Suicide Prevention Gatekeeper Training Program", July 2018.	Evidence-Based	"Choosing a Suicide Prevention Gatekwaper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018 "States News see and resource; contrams (choosing-wicide-merention-patiele	https://www.spc. cos/resources orcorams/er-phon-place- utel-knops-oulcide- oreversion-program-middle- school-curriculum	Suicide Prevention, SPRC Gatekeeper	Middle school students (7th grade). Staff and parent awareness presentations are offered to schools	In-class	Three 1-hour sessions taught on consecutive days		Costs vary; payment is dependent on the school district	Whoever is trained and is working with the school district	The training is 3-4 days.							
Kognito: Friend2Friend *	A game-based simulation that prepares youth to recognize warning signs of mental health challenges & suicide, reach out to peers, & help identify an adult for support. Available through second year+ of 54SP partnership.	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Comportion Table, Updated by the Suicide Prevention Resource Center, say 3018* <a -="" a="" a<br="" choosing="" gatekeeper="" href="https://doi.org/10.1008/png/10.1008</td><td>www.koenito.com</td><td>Suicide Prevention and General
Mental Health, SPRC Gatekeeper</td><td>Middle and High school students,
ages 13-18</td><td>Online</td><td>30 mins</td><td></td><td>* Available via cost-share with County of Santa Clara * Individual Users: \$33,00 * Coct/dstrict: \$50,000 (\$4000)school) * Includes yearly subscriptions to simulations that include hosting, technical sestimance, program evaluation, and usage reports Contact YAM six info@mentalhabitimisd.com</td><td>Online simulation</td><td></td></tr><tr><td>Youth Aware of Mental Health (YAM)</td><td>Youth Aware of Mantal Health (YAM) is a youth driven school-based program is which youth learn about and discuss mental health through discussion and only-lapy. YAM intels youth to reflect on their emotions and to crosside different approaches when faced with life challenges or mental health concerns.</td><td>Evidence-Based</td><td><u>Invariant Comparison (180)</u>. YAM was verificated in EU-wide Randomized Controlled Trial in which more than 11,000 youth participated. Results found YAM effective in reducing new cases of suicide attempts and severe suicidal idealing in y approximately 50%. New cases of depression were reduced by approximately 30% in the youth participating in YAM.</td><td>https://www.v-a-m.org/</td><td>General Mental Health, Suicide
Prevention</td><td>8-12 grade students, ages 13-17</td><td>In-class</td><td>5 sessions, 1 hr
each over three
weeks</td><td>YAM works within local needs
including language and culture</td><td>Contact YAM at info@mentalhealthirmind.com</td><td>Two trained adult program facilitators</td><td>One of these adults have completed an intensive week-long
certification before becoming a YAM instructor and the other
one a shorter training to act as support in the classroom. All
YAM instructors have prior experience working with groups of
youth (e.g., youth workers, teachers, social workers, counselor
or school machinishs).</td></tr><tr><td>Trevor Ufeguard Workshop *</td><td>Sudents, will be able to identify the worming gips of deprecision and suicks aveil as personal office are strategies, bow to respond to worming gips of suicke to keep prees safe, identify one supportive said, and how to access sorvices of Trees Project. There are two versions of the workings one for leakable, gys, bisexual, transgender, and questioning (ideItId) youth and one of personal volume and access consistent of the lenguage and actions. NOT to be conducted within a year after a stook has seperiorized or completely source of a completed solving.</td><td>Evidence-Based</td><td>30A. 30A. 30A.</td><td>https://www.spcs.
ore/resources-
programs/fresor-lifeguard-
workshop</td><td>Suicide Prevention, SPRC
Gatekoeper</td><td>Middle and High school students</td><td>In-class or club
meeting of 35
people or less</td><td>45-60 minute
interactive
workshop
including activities
and 3 videos</td><td>Subtitles in Spanish & materia
can be presented in Spanish</td><td>FIRE: Includes access to 65-60 missels interactive workshop consisting of
activities and 30-bios curvictum & Science machinise yailable on line;
thittasi.//www.thetraxorarelect.org/education/lifesaurel-workshop/.</td><td>TREE online webinar training available for adult facilitators</td><td></td></tr><tr><td>LivingWorks START (most recent program)</td><td>Students will be able to identify the warming signs of suicide and be able to
connect pears to resources.</td><td>Evidence-Based</td><td>Emailed attachments of an info sheet as well as evidenced based research that was completed for the California Board of Education that was conducted on both eSuicideTALK and UningWorks Start.</td><td>https://www.livingworks,
net/start</td><td>Suicide Prevention</td><td>Middle and High school students.
Training available for staff</td><td>Online</td><td>1-1.5 hours</td><td></td><td>Will be available for FREE via request to Santa Chara County Office of Education
(SCCOR); includes access to curricula, sufety resources, and support</td><td>Online training</td><td></td></tr><tr><td>Lifelines Prevention: Building Knowledge and Skills to Prevent
Suicide *</td><td>Provides students with facts about suicide in lessons that include role
playing exercises teaching them what to do when faced with a suicidal peer.</td><td>Evidence-Based</td><td>" prevention="" program="" suicide="" training="">Comparison Table, Updated by the Suicide Prevention Resource Centre, July 2015 * States (Jovenson Conferences) contrass (choosine suicide prevention antilierage training programs comparisons table)	https://www.hazelden. com/web/nublic/Horines.page	Suicide Prevention, SPRC Gatelweper	Middle and High school students	In-class	Four 45-minute lessons		Curriculum cost: \$265 (includes a facilitator guide, two DVDs, and a USB Flash Drick with reproducible materials) Training cost: \$5,000 for 1-day training + *\$1,000 for travel costs for 1-trainer, 1-day (training can hold an average of 40 participants), *Training cost can be shared by participating school districts Training cost can be shared by participating school districts.	School staff/reachers can be trained to deliver the training. Training cost: \$5,000 for 1-day training -75,000 for travel costs for 1-trainer, 1-day (training can hold an average of 40 "Training cost can be shared by participating school districts Teal Cost: "56,000	3-day training (training can hold an average of 40 participants). 1-day training (training can hold an average of 40 participants).							
Lifelines Intervention: Helping Students at Risk for Suicide *	Provides information on how to respond to signs of suicide and address an air risk student	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018 https://www.asce.org/resources. contrains/choosine-suicide-orevention-patekeeper-training- geograms-comparison-table	https://www.hazelden. cos/web/public/Helines.page	paucae intervention, SPRC Gatekoeper	Middle and High school students	ur-Class	1 day training		* Training cost can be shared by participating school districts. Total Lost: 56.255. Controllant cost: 5185 (includes a facilitator guide, a DVD, and a USB Flash Drive with reproducible motorials). Training cost: 55,000 for July training + '\$1,000 for travel costs for 1-trainer, 1-day (training can hold an average of 40 participants). * Training cost can be shared by participating school districts. Total Lost: 56,185	Social workers and school counselers (those participating in the Interventions) can be trained to deliver the training. Training cost: 55,000 for Liday training <53,000 for travel "Training cost can be shared by participating school districts Teal Cest: "56,000	urvey working (training con nord an average of 40 participants).							

TIER 1 (STUDENTS)	

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Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website Link	Content	Who Can Be Trained: students, ataff, parents	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?							
Lifelines Postvention: Responding to Suicide and Other Traumatic Death *	Focused on providing information on how to respond to suicide and other raumatic deaths in a school setting	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018 * States (Alows accomplisments on Center, July 2018 * States (Alows accomplisments on contrastichnosing-quicide prevention-pathies open training- contrast-comparison-table	https://www.hazelden. cra/weh/public/Heiines.page	Suicide Postvention, SPRC Gatekeeper	Middle and High school students	In-class	1 day training		Curriculum cost: \$145 [includes a facilitator guide, a DVD, and a USB Flash Driew with reproducible materials]. Traising cost: \$5,000 for 1-day training + "\$1,000 for travel costs for 1-trainer 1-day (training can hold an average of 40 participants). "Training cost can be shared by participating school districts Total Cost: "\$6,145	Exhold administrative, leadership staff and spoils workers can be trained to define the training. Training cost 55,000 for 4,500 straining. **S1,000 for travel costs for 1-trainer, 1- day Vitaning can hold an iserange of 80 participants]. *Training cost can be abared by participants school districts Teatl Cost: **46,000	1-day training (training can hold an average of 40 participants).							
Kognito: Friend2Friend *	A game-based simulation that prepares youth to recognize warning signs of mental health challenges & suicide, reach out to prees, & help identify an adult for support, Available through second year+ of 5459 partnership.	Evidence-Based	*Choosing a Suicide Prevention Gatekoeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, 3NJ 2018 * http://www.sce.org/resources- reagrams/choosing-suicide-prevention-patiekoeper-training-	www.kognito.com	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle and High school students, ages 13-18	Online	30 mins		Available via cost-share with County of Santa Clara Individual Users: \$33.00 Cost/district: \$5,000 (\$400/school) Include yearh substrictions to simulations that include hostine, technical	Online simulation								
Sources of Strength *	Focused on increasing help seeking behaviors and promoting connections between peers and adults. This training uses upstream approaches to strengthms course of support. Must identify adult lead (school site) to champion this work and support peer leaders.	Evidence-Based	Contractormentalise (**Thooling Schrick Prevention Cattledger Training Program - A Comparison Table, Updated by the Sokida Prevention Resource Centre, 3/9 2016* **Internal Annual Sea conditionations** Centre Any 2016** Centre Any 2016* Centre Any 2016** Centre Any 2016* Centre Any 2016** Centre Any 2016* Centre	www.sourcesofstrenath.org	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students. Parent & school staff trainings available	In-person	3-6 month project		assistance, program evaluation, and usage reports \$5,000 per choloryma (sea and assistance) 45,000 to send one participant to attend a foundary train the Trainer (141) event. The cost per participant drops to \$2,500 if you send more than one. More details on the cost and screes on the found at: <a chooling-builded-prevention-patheoper-training-programs="" chooling-builded-prevention-patheoper-training-programs-comparison-builded-prevention-builded-preventi<="" documents.org="" href="https://paper.org/intended/abs/1706-000-000-000-000-000-000-000-000-000-</td><td>or a certified regional trainer. Costs: \$4,000 to send one participant to attend a four-day Train the Trainer [T4T] event; the cost per participant drops to \$2,500 if you send more than one.</td><td>Generally, about 18 months. The two most time-consuming
pieces of certification are that the candidate needs to attend a
four day Train the Trainer (TRI 1 event, and then co-train with
someone from Sources of Strength staff twice. More details on
the process of trainer certification can be found at: https:
//sourcesofstrength.org/trainers/14t-overview/</td></tr><tr><td>NAMI Ending the Silence for Students</td><td>Students will gain knowledge on warning signs of mental health conditions,
facts and statistics and how to get help for themselves or a friend.</td><td>Evidence-Informed</td><td>https://doi.asu.org/doi.andrag?doi=10.1037%2Fsah000013S</td><td>https://www.nami.
cra/Susport:
Education/Mental-Health-
Education/NAMI-Ending-the-</td><td>General Montal Health</td><td>Middle/High school students. FREE
parent & school staff 1 hour
presentations available</td><td>In-person</td><td>50 minute
presentation</td><td></td><td>FREE: consists of a 50 min. presentation which includes two leaders: one who
shares an informative presentation and a young adult with a mental health
condition who shares their journey of recovery, Ludsience members can ask
questions and gain understanding of an often-misunderstood topic.</td><td>The presentation is delivered by two program leaders: one who shares an informative
presentation and a young adult with a mental health condition who shares their journey of
recovery.</td><td></td></tr><tr><td>Response: A Comprehensive High School-based Suicide
Awareness Program (2nd Edition) *</td><td>noreaue awareness about soicide among high school students, staff and
parents</td><td>Evidence-Based</td><td>*Choosing a Suicide Prevention Gunkweper Training Program - A Companion Table, Updated by the Suicide Prevention Resource Center, July 2015 * State Lehouster Companion Control Center, July 2015 * State Lehouster Control Center, July 2015 * State Lehouster Control Center, Control Center</td><td>hetric/housesec.
cea/resources.
crearms/resource.
crearms/resource.
comprehensive-high-school-
loced-suicide-awareness.
crearum-2nd-edition</td><td>Suicida Prevention, SPRC
Gatekeeper</td><td>Figh school students. Optional
Parent Workshop costs \$175
(includes Power Point presentation
and Parent Component): 2 hour
awareness training included for staff</td><td>In-class</td><td>Four 1-hour lesson
plans</td><td></td><td>5425 plus 325 shipping (includes implementation, coordinator, and teacher motivals in continuous production and byte): I shall be a shall be a</td><td>School staff or health teachers. Corrisolam, videos and slides made to be easily learned for
job!-implementation</td><td>Self-Laught. Easy to follow manual. Takes a few hours</td></tr><tr><td>More Than Sad *</td><td>There are three programs for More Than Sub-
School personnel less school or recourse for the Sub-
dernethying. & smalling wouth at risk of suicides.
In Persons cannot be below the sub-
problemen, how to sake about mental health with their child & how to spet
their.
So Subdects Salven to recognize mental health issues in friends & how to refer
them.</td><td>Evidence-Based</td><td>**Chooling Suicids Prevention Gateleoper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, al.) 2018* <td>https://www.spcs. org/recourses- programs/more-sad-salride- programs/more-sad-salride- programs/more-sad-salride- personnel</td><td>Suicide Prevention and General Mental Health, SPRC Gatekeeper</td><td>High School students (note: may be used for middle school students). Training is available in a video for educators, school staff & parents.</td><td>In-class for students, Teachers and parents version in assembly or staff development</td><td>The program is built around two 35-minute DVDs</td><td>Training available for parents and staff (English and Spanish)</td><td>**Optional Overview Presentation (plus experved) \$350 \$50.950 fee two DV or from APS store, concompaning material (fiscilitator guide and other materials) can be downloaded on the APS evolution from the purpose of the APS of the AP</td><td>School educator/courselor or, if through the local ASSP chapter, by volunteers</td><td>Approximately one half day, Current TSI, model being modified Mini pilot being conducted to modify the TSI, model.</td>	https://www.spcs. org/recourses- programs/more-sad-salride- programs/more-sad-salride- programs/more-sad-salride- personnel	Suicide Prevention and General Mental Health, SPRC Gatekeeper	High School students (note: may be used for middle school students). Training is available in a video for educators, school staff & parents.	In-class for students, Teachers and parents version in assembly or staff development	The program is built around two 35-minute DVDs	Training available for parents and staff (English and Spanish)	**Optional Overview Presentation (plus experved) \$350 \$50.950 fee two DV or from APS store, concompaning material (fiscilitator guide and other materials) can be downloaded on the APS evolution from the purpose of the APS of the AP	School educator/courselor or, if through the local ASSP chapter, by volunteers	Approximately one half day, Current TSI, model being modified Mini pilot being conducted to modify the TSI, model.
Break Free from Depression	Focus on signs of depression & importance of help-seeking. Must have bandwidth to tran facilitators for delivery of modules, orline self-paced coursed available.	Evidence-Based		https://www.operpediatrics. crg/course/break-free- depression	General Mental Health	High School students. Modules wastable for staff/educators and parents.	In-class	4 sessions, 1 hr each		FREE: includes access to online curricula training, teaching materials will be available upon successful completion of this online training, Included in the materials are step by-step directions, handoust, resources, and presentations for the student curriculum, parent workshop, staff seeckshop, and the Break Free from Depression documentary.	School staff or Rinerant staff/agencies working with the School/District	FREE 2 hour webinar training							
	Student-led groups on high school campuses where students are empowered to end stigma by raising awareness about mental liness. Main goals: end stigma, improve mental health awareness and provide a supportive environment for students with mental illnesses.	Evidence-Based		https://namica.ora/upcoming- events/nami-on-campus/high- school-clubs/	General Montal Health	High School students	Club	Ongoing		FREE: NAMI State organization and local NAMI affiliate provide support for students and Advisors. Materials are provided and include resources, manuals and toolkits	Club organized like all HS clubs with an advisor present at all meetings. NAMI State organization and local NAMI affiliate provide support for students and Advisors.	Specific criteria to become a club on campus (6 steps: webinar, Interview, etc.); 1 day regional trainings offered for area clubs t meet.							
Bring Change to Mind (Club)	A Eudent for Grub Airmot of guing seens a platform to Javon their voice, and relative authentication minimal health. Main gain electate about minimal health, how a regional morager who helps with club goods throughout the year with hotee a year docked-in and always a stadle by a mail. Yearly summit where all regional schools come together to share ideas.	Evidence-Based		tetjos://beinachaneazmind, scarlast-involvesthigh-acheol- prostram/#start	General Mental Health	High School students	Club	Ongoing		FIRE: The Chall provides all of the Obliveling: **An immal SOQ are for groups activities **Liducational and promotional materials **Liducational and promotional materials *Liducational and promotional materials *Liducational and promotional materials *Liducational ancessmentors, and a dob gasterook. *Liducational processmentors, and a dob gasterook. *Liducational activities activities and a dob gasterook. *Liducational activities activities activities and a dob gasterook. *Liducational activities activit	These clabs are organized than all \$4 clabs with a seacher or admin advisor present or all meetings and oils works. Administ are given a minimal and have access to IICZM headquarters and the regional manager.								
Signs of Suicide (SOS)	Students will kepn how to bleeful his signs of depression and succide in his students and success the succession and succide in succession and succession and succession and succession and succession and succession and succession and succession and succession and succession and succession and succession and succession succession and succession and	Evidence-Based	National Registry of Evidence-Based Programs and Practices IMEREP) evidence-based trainings recommended for school counselses and social workers - Neighardian as a Programs with Evidence of Effectiveness' - SPEC designated this intervention as a "program with evidence of effectiveness' based on as incident in SAMERIA'S National Registry of Evidence-Based Programs and Practices (IMEIPP).	Battos://www.minshvise. cra/vehat-um-offer/suicide- crevertion-accessems/	Suicide Prevention, SPRC Gatekoeper	Middle school and High school students, ages 11-17. Gatekeeper training portions available for adults (i.e. parents or school staff); included in purchase	In-class	1hr		545 for one year lectore (IVV), discussion guide, depression screening tool, accurate one eline post). The program since suchaste straining restraints for faculty and school staff as well as in person and online educational materials for parents.	School stuff								
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	Youth Aware of Mental Health (YAM) is a youth driven school-based program in which youth learn about and discuss mental health through discussion and role plays. YAM invises youth to reflect on their emotions and to consider different approaches when faced with life challenges or mental health concerns.	Evidence-Based	YAM was evaluated in EU-wide Randomized Controlled Trial in which more than 11,000 youth perticipated. Results Sound YAM effective in reducing new cases of suicide attempts and severe vaicidal ideation by approximately 30%. New cases of depression were reduced by approximately 30% in the youth participating in YAM.	tatos //www.w-a-m.org/	General Mental Health	8-12 grade students, ages 13-17	In-class	5 sessions, 1 hr each over three weeks	YAM works within local needs including language and culture	Contact YAM at Info@mentaihealthirmind.com	Two trained adult program facilitators	One of these adults have completed an intensive week-long certification before becoming a YAM instructor and the other one a shorter training to act as support in the dissroom. All YAM instructors have prior experience working with groups of youth (e.g., youth weekers, teachers, social workers, counselor or school psychologists).							
H.E.L.P. (Helping Every Living Person) *	increase student knowledge about suicide, depression, anxiety, healthy coping skills through discussion and problem-solving activities. Learn suicide intervention skills.	Evidence-Based	*Choosing a Suicide Prevention Gateloseper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, 3nl 2018 * http://www.sec.org/resources- cograms/choosing-suicide-prevention-pate/sec	https://www. crisisconnections.org/get- training/schools/	Suicide Prevention and General Mental Health, SPRC Gatekeeper	9th-11th grades	In-class	Four 45-minute lessors		For the low price of \$250 you will get access to four short 45-minute lessons	Classroom teachers or counselors can incorporate into their health, social skills or family life curricule.								
Gryphon Place, the Gatekeeper Suicide Prevention Program: A High School Curriculum *	Do-stigmatise mental illness, identify the warning signs of suicide and increase help-seeking behavior. The Gatelotepee Program has never been consults outside of Mi state Inst. Institute of the Commission of the Commission on a larger scale.	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018* https://www.scec.org/resources/ programs/choosing-suicide-prevention-particle-gene-training- programs-comparison-table	https://www.spec. cea/resources-programs/high- school-actelespec-curriculum	Suicide Prevention, SPRC Gatekeeper	High school students (9th grade). Staff & parent awareness presentations are offered to schools	In-class	Four 1-hour sessions taught on consecutive days		Costs vary, payment is dependant on the school district	Whoever is trained and is working with the school district	The training is 3-4 days.							
Youth Mental Health First Aid	Understand risk factors and warning signs for common mental health challenges, review typical adolescent development and learn a 5-step mental health action plan to help youth in both crisis and non-crisis situations.	Evidence-Based	Refer to website	https://www. menta healthfirstaid. ora/copulation-focused- mobiles/youth/	General Mental Health	High school students. (Also available to non-mental health school personnel and parents)	In-class	6.5-8 hours		FREE for the Santa Clara County community, request must be made through BHSD Suicide Prevention Program	Certified Youth Mental Health First Aid trainer(s)								
TIER 1 (PARENTS)																			
Gryphon Place Gatekeeper Suicide Prevention Program: A Middle School Curriculum *	De-stigmatize mental likess, identify the warning signs of suicide and increase help-seeking behavior. The Gatekeeper Program has never been trough outside off M state lines. Currently don't have the copyright or staff to administer the program on a larger scale.	Evidence-Based	*Choosing a Sukide Prevention Gatekoeper Training Program - A Comparison Table, Updated by the Sukide Prevention Resource Center, July 2018 * https://www.scc.org/resources- persess/choosing-sukide-prevention-patekoeper-training- regarms.comparison-table	https://www.sprc. pre/resources- programs/gryphon-place- programs/gryphon-place- provention-program-middle-	Suicide Prevention, SPRC Gatekoeper	Middle school students (7th grade). Staff & parent awareness presentations are offered to schools	in-class	Three 1-hour sessions taught on consecutive days		Costs vary; payment is dependant on the school district	Whoever is trained and is working with the school district	The training is 3-4 days.							
Gryphon Place, the Gatekeeper Suicide Prevention Program: A High School Curriculum *	De-stigmatize mental illness, identify the warring signs of suicide and increase help-seeking behavior. The Gatekeeper Program has never been thought outside off Mustate Inse. Currently don't have the copyright or staff to administer the program on a larger scale.	Evidence-Based	regaren-comparison-table "Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" <a "programs="" (inbepp).<="" -="" a="" and="" as="" asset="" designation="" effectivences"="" effectivences'="" evidence-based="" href="https://www.sec.neu/resources-constraining-content-sources-table-prevention-particle-per-stabling-content-sources-table-per-sources-table-pe</td><td>https://www.sprs.
ces/resources-programs/high-
urhool-gatekeeper-curriculum</td><td>Suicide Prevention, SPRC
Gatekeeper</td><td>High school students (9th grade).
Staff and parent awareness
presentations are offered to schools</td><td>In-class</td><td>Four 1-hour
sessions taught on
consecutive days</td><td></td><td>Costs vary; payment is dependent on the school district</td><td>Whoever is trained and is working with the school district</td><td>The training is 3-4 days.</td></tr><tr><td>Signs of Suicide (SOS)</td><td>Students will learn how to identify the signs of depression and suicide in
themselves and their peers. This training promotes belt-seeking behaviors
through the ACT model (Mahmunindga, Care, Tall).</td><td>Evidence-Based</td><td>construct comparison-bable National Registry of Evidence-Baued Programs and Practices (NREPP) Evidence-Baued trainings recommended for school connicions and could involve as the school of Effectivences' - Designation as a " in="" indian="" john="" lividence="" mark="" national="" of="" on="" practices="" programs="" registry="" section="" td="" the="" was="" with=""><td>Intro://www.mindwise. cos/what-we-offer/oxicide- prissention-ecograms/</td><td>Suicide Prevention, SPRC Gatekeeper</td><td>Middle school and High school students, ages 11-17. Gatekeeper training portions available for adults (i.e. parents or school staff).</td><td>In-class</td><td>1 hr</td><td></td><td>5495 for one year Incerne (DYD), discussion guide, depression screening tool, access to online portal)</td><td>School stuff</td><td></td>	Intro://www.mindwise. cos/what-we-offer/oxicide- prissention-ecograms/	Suicide Prevention, SPRC Gatekeeper	Middle school and High school students, ages 11-17. Gatekeeper training portions available for adults (i.e. parents or school staff).	In-class	1 hr		5495 for one year Incerne (DYD), discussion guide, depression screening tool, access to online portal)	School stuff								
Response: A Comprehensive High School-based Suicide Awareness Program (2nd Edition) *	Increase awareness about saicide among Figh school students, staff and savents	Evidence-Based	**Choosing Suickle Prevention Gateleogen Training Program - A Companion Talks, Updated by the Suickle Prevention Resource Genter, July 2018* https://www.soc.org/recources-contents-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-companion-builded-prevention-gateleogen-training-contents-cont	https://www.spc. ces/resources- crostams/resource- crostams/resource- comprehensive-high-school- based-sukide-awareness- crostam-2nd-adition	Suicide Prevention, SPRC Gatekeeper	High school students. Optional Parent Workshop costs \$175 (includes PowerPoint presentation and Parent Component); two-hour awareness training included for staff.	In-class	Four 1-hour lesson plans		SLAS Jack SS shipping [includes implementation, coordinator, and teacher manuals, with associated PowerPoint presentations and DVIV's) *Additional Teach Manual \$137.50 (includes PowerPoint presentation and Never Enough DVIV) *Additional Teacher Workshop \$175 [includes PowerPoint presentation and Parent Component OVIV)	School staff or health teachers. Curriculum, videos and slides made to be easily learned for welf-implementation								
Sources of Strength *	Focused on increasing help seeking behaviors and promoting connections between peers and adults. This training uses upstream approaches to strengther sources of support. Must identify adult lead (school site) to champion this work and support peer leaders.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2015 * States (Johnson Long Frenches) concrams (choosing-upicide-prevention-patrice per training- contrams comparison-table)	www.sourcesofstrenath.org	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students: Parent and school staff trainings available .	în-person	3-6 month project		\$5,000 per school/team glus an additional \$4,000 to send one participant to attend a four-day Train the Trainer (T4T) event. The cost per participant drops to \$2,500 if you send more than one. More drains on the cost and access can be found at: https://www.spc.gorg/des-diseas/ut/Times/Sources/8,000f8,200 renealing 2008FPP9;20 East, of	The program is delivered by either someone from Sources of Strength national training staff or a comflict negloral trainer. Costs: \$4,000 to wend one participant to attend a four-day Train the Trainer (T4T) event; the cost per participant drops to \$2,500 if you send more than one.	someone from Sources of Strength staff twice. More details on the process of trainer certification can be found at: https://bourcesofstrength.org/trainers/h4t-overview/							
More Than Sad *	There are three programs for More Than Sad: a. School personnel learn school's resources, policies & protocols for delerallying & assisting youth artisk of sacides; b. Parents learn to defaulty signs of degression & other mental health protocols, how to talk about mental health with their child & how to get	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2015"																

TIER 1 (STUDENTS)	

Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website Link	Content	Who Can Be Trained: students, ataff, parents	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?
	School-based group intervention that aims to teach elementary students ways to cope with and recover from traumatic experiences		I randomited controlled trial completed shows effective. Replication study underway; Langley, A.K. et. al. [2015]. Bource back: Effectiveness of an elemenstary school-based intervention for multicultural children exposed to traumatic events. Journal of Consulting and Clinical Psychology, 83, 853-965.	<u>ceal</u>		stressful and traumatic events (K-5, ages 5-11). One to three 1-hour	and 2-3 individual sessions if needed.	Approximatly 10 weeks for one session per week.		for the 1 day training and \$3750 per trainer for the 1.5 day training plus travel, botel, mesh. 3 training and \$3750 per trainer for the 1.5 day training is for chircians who have not been trained previously in Cognitive Behavioral Intervention for Trauma in 5chools (CBITS)	Cognitive Behavioral Intervention for Trauma in Schools (CBITS) and or Trauma Focused- Cognitive Behavioral Therapy (TF-CBT) and who have sold familiarity with child trauma, group therapy and CBT. One and 1/2 day training is for clinicians who have not been previously trained in CBITS. How to make material culturally and contentually relevant included.	Training a trainer can take 6-12 months to complete
	Learn about warning signs of suicide, how to refer/connect to help. Available as a free in-person by SCC 8HSD or ordine self-paced training.	Evidence-Based	*Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018 https://www.apc.org/resource/center.july 2018 https://www.apc.org/resource/center.july/cente		Suicide Prevention, SPRC Gatekeeper	Adults 18 years or older	In-class & online	1-2 hrs	Spanish	FREE: includes access to training, handouts, and resources	Certified GPR trainer	
	Learn to move beyond the common tendency to miss, dismiss, and avoid suicide. Apply the TALK steps: Tell, Ask, Listen, and KeepSafe.	Evidence-Based	Refer to website	https://www.livingworks. net/safetals		High school students (Training also available for school staff/personnel)	In-class	3 hours		Cost includes 30 max participant training plus materials, estimate available by contacting LivingWorks	Certified LivingWorks trainer	
e Sensitive, Be Brave: Suicide Prevention	Learn to navigate conversations about suicide across diverse populations. Participants will explore tailored content to define suicide, identify specific warring signs and how to about suicide with compassion to account for cultural differences.					High school students (Training also available for school staff/personnel)		1.5-2 hours		FREE for the Santa Clara County community, request must be made through BHSD Suicide Prevention Program		
	Understand risk factors and warning signs for common mental health challenges, review typical adolescent development and learn a 5-step mental health action plan to help youth in both crisis and non-crisis situations.	Evidence-Based	Refer to website	https://www. mentalhealthfirstaid, ora/copulation-focused- modules/youth/		Parents (HS students, non-mental health school personnel)	In-class	6.5-8 hours		FREE for the Santa Clara County community, request must be made through BHSD Suicide Prevention Program	Certitified Youth Mental Health First Aid trainer(s)	

KEY: Grade Level/Audience

Elementary School Students

High School Students

or Parents

TIER 2 (Teachers, Staff, and Mental Health

Professionals)												
Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website Link	Content	Who Can Be Trained	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?
Kognito: At-Risk for Early Childhood Educators •	An interactive role-play simulation that helps educators and adults increase their knowledge and awareness around mental health and behavior management	Evidence-Based	Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.spr.corp/resources-programs/rhoosing-suicide-prevention-gatekeeper-training-program-comparison-table	www.kognito.com	General Mental Health	Educators and adults who work with children ages 3-5 (preschool, childcare centers, & early childhood degree programs)	Online	45 mins		Available via cost-share with County of Santa Clara Individual Users: \$33.60 Cost/district \$5,000 (\$400/school] Includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and usage reports	Online simulation	
Kognito: At-Risk for Elementary School Educators *	An interactive role-play simulation that develops knowledge and skills for identifying, approaching, and referring students exhibiting signs of psychological distress	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sarc.org/resources-programs/choosing-suicide-prevention-gatekeeper-training-program-comparison-table	www.kognito.com	General Mental Health	Educators, teachers, and school personnel	Online	60/120 mins		Awailable via cost-share with County of Santa Clara Individual Users: 533.60 Cost/district: \$5,000 (\$400/school) Includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and usage reports	Online simulation	
Kognito: At-Risk for Middle School Educators *	An interactive role-play simulation that develops knowledge and skills for identifying, approaching, and referring students exhibiting signs of psychological distress. Available through first year of S4SP partnership.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.ssrc.org/resources-programs/r-hoosing-suicide-prevention-gatekeeper-training-program-comparison-table	www.kognito.com	Suicide Prevention and General Mental Health	Educators, teachers, and school personnel	Online	60/120 mins		Available via cost-share with County of Santa Clara Individual Users: \$33.60 Cost/district: \$5,000 (\$400/school) Includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and usage reports	Online simulation	
Kognite: At-Risk for High School Educators *	An interactive role-play simulation that develops knowledge and skills for identifying, approaching, and referring students exhibiting signs of psychological distress. Available through first year of \$45P partnership.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.scr.cor/resource-programs/choosin-satekeeper-training-program-comparison-table	www.kognito.com	Suicide Prevention and General Mental Health	Educators, teachers, and school personnel	Online	60/120 mins		* Available via cost-share with County of Santa Clara * Individual Users: 533.60 * Cost/district: \$5,000 (\$400/school) * Includes yearly bisorptions to simulations that include hosting, technical assistance, program evaluation, and usage reports	Online simulation	
Kognito: Trauma-Informed Practices for K-12 Schools	An interactive role play simulation for educators to learn skills to better support students who may be having issues related to distress or trauma.	Evidence-Informed		https://kognito. com/products/trauma- informed-practices-for- kt2-schools	Trauma-informed; teaching adverse childhood experiences	Educators, teachers, and school personnel	Online	30-45 mins		* Available via cost-share with County of Santa Clara * Individual Users: \$33.60 * Cost/district; \$5,000 (\$400/school) * Includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and usage reports	Online simulation	
Kognito: Building Respect: Builying Prevention in Schools	An interactive role play simulation for educators to practice conversation techniques to address blased language in the classroom, reach out when they suspect signs of bullying, and reinforce reporting bullying behavior.	Evidence-Informed		https://kognito. com/products/building- respect-bullving- prevention-in-schools	Bullying Prevention	Educators, teachers, and school personnel	Online	40 mins		* Available via cost-share with County of Santa Clara † Individual Users: \$33.60 Cost/district; \$5,000 (\$400/school) † Includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and urage reports	Online simulation	
Kognito: Step in Speak Up	An interactive role-play simulation that helps educators increase their knowledge and waveness around the challenges faced by youth in the LGBTQ community, and provides an opportunity to practice effective classroom management techniques for creating a safe space for all students.	Evidence-Based	National Registry of Evidence-Based Programs and Practices (NREPP) evidence-based trainings recommended for shool counselors and social workers - Designation as a "Program with Evidence of Effectiveness" 5-SPC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSAS National Registry of Evidence-Based Programs and Practices (IREPP).	www.kognito.com	General Mental Health	Educators, teachers, and school personnel	Online	30 mins		FREE (includes yearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and usage reports).	Online simulation	
Kognito: Resillent Together: Coping with Loss at School	An interactive role-play simulation to prepare schools for responding to a death in the school community.	Evidence-Informed		https://kognito. com/products/resilient- together-coping-with- loss-at-school	Suicide Postvention	Educators, teachers, and school personnel	Online	40 mins		* Available via cost-share with County of Santa Clara * Individual Users: \$33.60 * Cost/district; \$5,000 (\$400/school) * Includes yearly subscriptions to simulations that include syearly subscriptions to simulations that include hosting, technical assistance, program evaluation, and urage reports	Online simulation	
Boston Children's Hospital Neighborhood Partnerships / Training and Access Project (TAP)	Various oline trainings on Social-Emotional Learning and Behavioral Health offered for educators	Evidence-Based		http://www. childrenshospital. org/taponline	General Mental Health	personnel	Online	Varies		FREE (includes access to online training, additional resources and discussion topics that can be used at your school, as well as a certificate of completion).	Online training	
Question, Persuade, Refer (QPR) *	Learn about warning signs of suicide, how to refer/connect to help. Available as a free in- person by SCC BHSD or online self-paced training.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018"									

TIER 3 (Mental Health Professionals / School Counselors /

Social Workers)												
Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website Link	Content	Who Can Be Trained	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?
	An interactive role-play simulation to prepare schools for responding to a death in the school community.	Evidence-Informed		https://koenito.com/aroducts/resilient-together- coping-with-loss-at-school	Suicide Postvention	Educators, teachers, and school personnel	Online	40 mins		* Available via cost-share with County of Santa Clara * Individual Users: \$33.50 * Cost/district \$5,000 (\$400/school) * Includes yearly subscriptions to simulations that include hosting, technical assistee, program evaluation, and usage reports	Online simulation	
	Various online trainings on Social-Emotional Learning and Behavioral Health offered for educators	Evidence-Based		http://www.childrenshospital.org/taponline	General Mental Health	Educators, teachers, and school personnel	Online	Varies		FREE (includes access to online training, additional resources and discussion topics that can be used at your school, as well as a certificate of completion).	Online training	
	Understand a framework for finding and exploring recovery and growth opportunities for clients with suicide experiences. Apply a Pathway to Hope (PaTH) model for setting recovery goals.	Evidence-Informed	Refer to website	https://www.livingworks.net/suicide-to-hope	Suicide Postvention	School mental health professionals (counselors, psychologists)	In-person	1-day training		Cost includes 24 max participant training plus materials, estimate available by contacting LivingWorks	Certified LivingWorks trainer	
LivingWorks - Applied Suicide Interventions Skills Training (ASIST)	Learn to provide suicide first aid to a person at risk.Identify key elements of a suicide safety plan and the actions required toimplement it.	Evidence-Based	Refer to website	https://www.livingworks.net/asist	Suicide Prevention	School mental health professionals (counselors, psychologists, crisis response team members, etc.)	In-person	2-day training		FREE through BHSD Suicide Prevention Program	Certified LivingWorks trainers	
KEY: Grade Level/Audience												
For Mental Health Professionals/School Counselors/ Social Workers										-		