

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)

Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website link	Content	Who Can Be Trained: students, staff parents	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?
Bounce Back	School-based group intervention that aims to help elementary students work to cope with and recover from traumatic experiences	Evidence-Based	A randomized controlled trial completed shows effective replication study underway. Langley, A.K. et al. (2013). Bounce Back: Effectiveness of an elementary school-based intervention for multicultural children exposed to traumatic events. Journal of Consulting and Clinical Psychology, 81, 653-660.	http://www.bounceback.org/	General Mental Health	Elementary students exposed to stressful and traumatic events (K-2)	This group consists of 4 to 6 children ages 5-11 with one to three 1-hour group sessions	Approximately 10 weeks per one session per week		Materials: Free download. Cost of printing. Training cost is \$2,500 per trainer for the 1-day training and \$370 per trainer for the 1.5-day training plus travel costs. 3 trainers per 15 trainers. The 1.5-day training for clinicians who have not been trained previously in Cognitive Behavioral Intervention for Trauma in Schools (CBIT)	One-day training is recommended for mental health clinicians who have been trained in Cognitive Behavioral Intervention for Trauma in Schools (CBIT) and/or Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) and who have solid familiarity with child trauma, group therapy and CBT. One and 1/2 day training is for clinicians who have not been previously trained in CBIT. Two to make material culturally and contextually relevant included.	Training a trainer can take 1-2 months 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.	http://www.gbg.org/	Suicide Prevention and Social Emotional Learning (SEL)	Elementary students; 1st and 2nd grade classrooms	in-class	1 hr ("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 ongoing coaching support. We typically estimate that it costs roughly \$100 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; lessons address healthy emotional development, depression, and anxiety. This curriculum's overarching goal is to build the emotional skills within children to prevent suicide in its earliest stages.	Evidence-Based		http://www.ridingthewaves.org/	General Mental Health and Healthy Emotional Development	5th grade students & parent education handout available	in-class	12 short (20-40 minute) lessons		For \$250 you will get access to 12 short (20-40 minute) lessons in Riding the Waves, which includes interactive discussion and skill-building activities. Another component to Riding the Waves is a parent education handout, which students will take home to share with parents or guardians. They not only summarize the content of that day's lesson, but also encourage parents to talk about and practice the new skills with their children.	Elementary school counselors	
Signs of Suicide (SOS)	Students will learn how to identify the signs of depression and suicide in themselves and their peers. This training promotes help-seeking behaviors through the ACT model (Acknowledge, Care, Tell).	Evidence-Based	National Registry of Evidence-Based Programs and Practices (NREPP) evidence-based training recommended for school counselors and social workers. A designation as a "Program with Evidence of Effectiveness" or SPRC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).	http://www.signsofsuicide.org/	Suicide Prevention, SPRC Gatekeeper	Middle school and High school students	in-class	1 hr		\$695 per one year trainer (DVD, discussion guide, depression screening tool, access to online portal)	School staff	
Treasure Unearthed Workshop	Students will be able to identify the warning signs of depression and suicide as well as personal self-care strategies, how to respond to warning signs of suicide to help peers safely, identify one supportive adult, and how to access services of Treasure Project. There are two versions of the workshop one for hearing and one for deaf/hard of hearing. General youth audience examines the impact of the language and actions. Note: NOT to be conducted within a year after a school has experienced a completed suicide.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.treasureunearthed.org/	Suicide Prevention, SPRC Gatekeeper	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	Available in Spanish & Russian can be presented in Spanish	FREE includes access to 45-60 minute interactive workshop consisting of activities and 3 videos; Curriculum & classroom activities available on line; http://www.treasureunearthed.org/	FREE online webinar training available for adult facilitators	
LivingWorks START (most recent program)	Students will be able to identify the warning signs of suicide and be able to connect peers to resources.	Evidence-Based	Email 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 districts (FAU and LivingWorks Start.	http://www.livingworks.org/	Suicide Prevention	Middle and high school students	Training available for staff	Online	1.5-3 hours	Will be available for FREE via request to Santa Clara County Office of Education (SCCOE). Includes access to curricula, safety resources, and support	Online training	
Uplifters Prevention: Building Knowledge and Skills to Prevent Suicide*	Provides students with facts about suicide in schools that include role playing exercises teaching them what to do when faced with a suicidal peer.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.uplifters.org/	Suicide Prevention, SPRC Gatekeeper	Middle and high school students	in-class	Four 45-minute lessons		Curriculum cost: \$285 includes a facilitator guide, two DVDs, and a USB Flash Drive with reproducible materials. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	School staff/teachers can be trained to deliver the training. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training training can hold an average of 40 participants
Uplifters 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 Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.uplifters.org/	Suicide Intervention, SPRC Gatekeeper	Middle and high school students	in-class	1 day training		Curriculum cost: \$285 includes a facilitator guide, a DVD, and a USB Flash Drive with reproducible materials. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	Social workers and school counselors (those participating in the intervention) can be trained to deliver the training. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training training can hold an average of 40 participants
Uplifters Intervention: 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 Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.uplifters.org/	Suicide Intervention, SPRC Gatekeeper	Middle and high school students	in-class	1 day training		Curriculum cost: \$285 includes a facilitator guide, a DVD, and a USB Flash Drive with reproducible materials. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	School administration, leadership staff and social workers can be trained to deliver the training. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training training can hold an average of 40 participants
LOOK LINKEN *	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 self-empowerment.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.looklinken.org/	Suicide Prevention and General Mental Health, SPRC Gatekeeper	6th, 7th, and 8th grade students	in-class	Four 45-minute lessons		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 curricula.	
Sources of Strength *	Focused on increasing help seeking behaviors and promoting connections between peers. This training uses optimism approaches to strengthen sources of support. Note: Must identify adult lead (school SRO) 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" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.sourcesofstrength.org/	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students, Parent	in-class or staff trainings available	3-6 month project		\$5,000 per school/room plus an additional \$4,000 to send one participant to attend a four-day Train the Trainer (TAT) event. The cost per participant drops to \$2,500 for more than one participant to attend a four-day Train the Trainer (TAT) event. More details on the cost and access can be found at: http://www.sourcesofstrength.org/	The program is delivered by either someone from Sources of Strength national training staff or a certified regional trainer. Training cost: \$4,000 to send one participant to attend a four-day Train the Trainer (TAT) event, and free on-site with someone from Sources of Strength staff twice. More details on the process of trainer certification can be found at: http://www.sourcesofstrength.org/trainers/tat-overview/	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 (TAT) event, and free on-site with someone from Sources of Strength staff twice. More details on the process of trainer certification can be found at: http://www.sourcesofstrength.org/trainers/tat-overview/
NAMI Ending the Silence for Students	Students will gain knowledge on warning signs of mental health conditions, facts and statistics and how to help for themselves or a friend.	Evidence-Informed	http://www.nami.org/About-NAMI/Ending-the-Silence-for-Students/	http://www.nami.org/About-NAMI/Ending-the-Silence-for-Students/	General Mental Health	Middle/High school students, FREE parent and school staff 1-hour presentation available	in-person	30-minute presentation		FREE includes a 30-minute 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. Audience members can ask questions and gain understanding of an often misunderstood topic.	Students (as a self-led program meaning it is designed for educators and administrators to be able to lead the program)	
Sandy Hook Promise's Start with Hello	This training promotes civility and inclusion; students will be able to recognize social connections.	Evidence-Informed	Did not provide any attachments	http://www.sandyhookpromise.org/	General Mental Health	6-12 grade students	in-person presentation or digital format	30-45 minute training		FREE includes a 30-minute presentation, 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.	Students (as a self-led program meaning it is designed for educators and administrators to be able to lead the program)	The train the trainer video is roughly 30 minutes - video is also offered as an alternative.
Sandy Hook Promise - Say Something	Students will learn to identify the warning signs and threats of someone at risk of hurting themselves or others and how to intervene.	Evidence-Informed	Did not provide any attachments	http://www.sandyhookpromise.org/	General Mental Health	6-12 grade students	in-person presentation or digital format	30-45 minute training		FREE includes a 30-minute presentation, 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.	Students (as a self-led program meaning it is designed for educators and administrators to be able to lead the program)	The train the trainer video is roughly 30 minutes - video is also offered as an alternative.
More Than Sad *	There are three programs for More Than Sad: 1. School personnel learn school resources, policies & protocols for identifying & assisting youth at risk of suicide. 2. Parents learn to identify signs of depression & other mental health problems, how to talk about mental health with their child & how to get help. 3. De-stigmatize mental illness, identify the warning signs of suicide and increase help-seeking behavior. This Gatekeeper Program has never been brought outside of MI state lines. Currently we have the program or staff to administer the program on a larger scale. Listed on SPRC "Choosing a Suicide Prevention Gatekeeper Training Program", July 2018	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.morethansad.org/	Suicide Prevention and General Mental Health, SPRC Gatekeeper	High school students (note: may be used for middle school students). Training videos is available for educators, school staff, & parents	in-class for students, teacher and parent versions in assembly or staff development	Training available for parents and staff (English and Spanish)		\$5,999 per two DVD set from ASPF store. Accompanying material (Facilitator Guide and other materials) can be downloaded on the ASPF website here: http://www.aspf.org/our-work/education/more-than-sad/ . Local ASPF chapters can get the program to schools no cost. If chapter hosts MTS presentations is an option.	School educator/counselor or, through the local ASPF chapter, by volunteers.	Approximately one half day. Current TSI model being modified. More pilot being conducted to modify the TSI model.
Gryphon Place Gatekeeper Suicide Prevention Program: A Middle School Curriculum *	De-stigmatize mental illness, identify the warning signs of suicide and increase help-seeking behavior. This Gatekeeper Program has never been brought outside of MI state lines. Currently we have the program or staff to administer the program on a larger scale. Listed on SPRC "Choosing a Suicide Prevention Gatekeeper Training Program", July 2018	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.gryphonplace.org/	Suicide Prevention, SPRC Gatekeeper	Middle school students (7th grade)	in-class	Three 1-hour lessons 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.
Magisto: Friend2Friend *	A parent-based simulation that prepares youth to recognize warning signs of mental health challenges & suicide, reach out to peers, & help identify an at-risk peer. Available through second year of S&P partnership.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.magisto.org/	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 Fees: \$33.40 * Coordinates: 55,500 (4000/school) * Includes yearly refreshers/simulations that include hearing, technical assistance, program evaluation, and usage reports	Online simulation	
Youth Aware of Mental Health (YAM)	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 play. YAM teaches 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 the Well-being Randomized Controlled Trial in which youth learn about and discuss mental health through discussion and role play. YAM teaches youth to reflect on their emotions and to consider different approaches when faced with life challenges or mental health concerns. New cases of depression were reduced by approximately 30% in the youth participating in YAM.	http://www.yam.org/	General Mental Health, Suicide Prevention	6-12 grade students, ages 11-17	in-class	5 sessions, 1 hr each, over 3 weeks		YAM works within four needs including language and culture. Contact: TAM at info@mentalhealthfirstaid.org	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 classroom. All YAM instructors have prior experience working with groups of youth (i.e., youth workers, teachers, social workers, counselors at school/after-school).
Treasure Unearthed Workshop *	Students will be able to identify the warning signs of depression and suicide as well as personal self-care strategies, how to respond to warning signs of suicide to help peers safely, identify one supportive adult, and how to access services of Treasure Project. There are two versions of the workshop one for hearing and one for deaf/hard of hearing. General youth audience examines the impact of the language and actions. Note: NOT to be conducted within a year after a school has experienced a completed suicide.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.treasureunearthed.org/	Suicide Prevention, SPRC Gatekeeper	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	Available in Spanish & Russian can be presented in Spanish	FREE includes access to 45-60 minute interactive workshop consisting of activities and 3 videos; Curriculum & classroom activities available on line; http://www.treasureunearthed.org/	FREE online webinar training available for adult facilitators	
LivingWorks START (most recent program)	Students will be able to identify the warning signs of suicide and be able to connect peers to resources.	Evidence-Based	Email 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 districts (FAU and LivingWorks Start.	http://www.livingworks.org/	Suicide Prevention	Middle and high school students	Training available for staff	Online	1.5-3 hours	Will be available for FREE via request to Santa Clara County Office of Education (SCCOE). Includes access to curricula, safety resources, and support	Online training	
Uplifters Prevention: Building Knowledge and Skills to Prevent Suicide*	Provides students with facts about suicide in schools that include role playing exercises teaching them what to do when faced with a suicidal peer.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.uplifters.org/	Suicide Prevention, SPRC Gatekeeper	Middle and High school students	in-class	Four 45-minute lessons		Curriculum cost: \$285 includes a facilitator guide, two DVDs, and a USB Flash Drive with reproducible materials. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	School staff/teachers can be trained to deliver the training. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training training can hold an average of 40 participants
Uplifters 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 Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" http://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	http://www.uplifters.org/	Suicide Intervention, SPRC Gatekeeper	Middle and high school students	in-class	1 day training		Curriculum cost: \$285 includes a facilitator guide, a DVD, and a USB Flash Drive with reproducible materials. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	Social workers and school counselors (those participating in the intervention) can be trained to deliver the training. Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training training can hold an average of 40 participants

TIER 1 (STUDENTS)												
Curriculum	Brief Description	Evidence-Based or Evidence-Informed?	Annotations w/ research supporting curricula	Website link	Content	Who Can Be Trained: students, staff, parents	Format	Duration	Languages (if available)	Cost and Access	Who teaches the curriculum	If applicable: How long does it take to train the trainer?
Uplines Prevention: Responding to Suicide and Other Traumatic Death *	Focus on providing information on how to respond to suicide and other traumatic 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" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention, SPRC Gatekeeper	Middle and high school students	In-class	1 day training		Curriculum costs: \$445 (includes materials), a DVD, and a USB Drive with downloadable materials). Training cost: \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts. Total Cost: \$6,445	School administrative, leadership staff and school workers can be trained to deliver the training. Training costs \$5,000 for 1-day training + \$1,000 for travel costs for 3 trainers. 1-day training can hold an average of 40 participants. * Training cost can be shared by participating school districts	1-day training can hold an average of 40 participants
Magisto: 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 SASP partnership.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle and High school students, ages 13-18	Online	30 mins		* Available from Alameda County of Santa Clara * Individual Fees: \$33.00 * Conditions: 55,000 (800) (hard) * Includes yearly subscriptions to simulations that include hosting, technical support, program evaluation, and usage report	Online simulation	
Sources of Strength *	Focus on increasing help-seeking behaviors and promoting connections between youth and adults. This training uses upstream approaches to preventive 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 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students, Parents and school staff trainings available	In-person	1-8 month project		\$1,000 per school/district plus an additional \$1,000 to send one participant to attend a four-day Train the Trainer (T4T) event. The cost per participant drops to \$1,500 if you send more than one.	The program is delivered by either someone from Sources of Strength national training staff 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.	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 (T4T) event, and then coordinate with someone from Sources of Strength staff twice. More details on the process of trainer certification can be found at https://www.sourcesofstrength.org/trainer/48-overview/
NAMI Ending the Silence for Students	Students will gain knowledge on warning signs of mental health conditions, facts and statistics and how to help for themselves or a friend.	Evidence-Informed	https://www.nami.org/About-NAMI/Ending-the-Silence	https://www.nami.org/About-NAMI/Ending-the-Silence	General Mental Health	High school students, FREE for parents & school staff 1-hour presentations available.	In-person	50 minute presentation		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. Audience members can ask questions and gain understanding of an often-misunderstood topic.	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.	
Response: A Comprehensive High School-based Suicide Awareness Program (2nd Edition) *	Increase awareness about suicide among high school students, staff and parents	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention, SPRC Gatekeeper	High school students, Optional Parent Workshop costs \$175	In-class	Four 1-hour lesson plans		\$425 plus \$25 shipping (includes implementation, coordinator, and teacher manuals) with associated PowerPoint presentations and DVD's * Additional Teacher Manual \$137.50 * Includes PowerPoint presentation and Never Enough DVD * Optional Parent Workshop \$175 (includes PowerPoint presentation and Parent Component DVD) * Optional Overview Presentation (also expenses) \$50	School staff or health teachers. Curriculum, videos and slides made to be easily learned for self-implementation	Self-taught. Easy to follow manual. Takes a few hours
More Than Sad *	There are three programs for More Than Sad - a school personnel team school response policies & protocols for identifying & assisting youth at risk of suicide. Parents learn to identify signs of depression & other mental health problems, how to talk about mental health with their child & how to get help. Students learn to recognize mental health issues in friends & how to refer them.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention and General Mental Health, SPRC Gatekeeper	High school students (more may be useful for middle school students)	In-class for students, Teacher and parent version in assembly or staff development	The program is 30-45 minute two 35-minute DVD's		\$59.99 for two DVD set from ASPD store. Accompanying material (facilitator guide and other materials) can be downloaded on the ASPD website: https://aspd.org/workshop/educators/more-than-sad/ . Local ASPD chapters can gift the program to schools at no cost. If chapter hosts MTS presentations it is at no cost.	School educator/trainer or, if through the local ASPD chapter, by volunteers.	Approximately one half day. Current TSI model being modified. More 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 train facilitators for delivery of modules, online self-paced course available.	Evidence-Based	http://www.breakfreefromdepression.org/	http://www.breakfreefromdepression.org/	General Mental Health	High school students, Modules available 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, handouts, resources, and presentations for the student curriculum, parent workshop, staff workshop, and the Break Free from Depression documentary.	School staff or relevant staff/agencies working with the School/District	FREE 2 hour webinar training
NAMI on Campus High School (NCHS) Clubs	Student-led groups on high school campuses where students are empowered to lead others by raising awareness about mental illness. Main goals, and signs, improve mental health awareness and provide a supportive environment for students with mental illnesses.	Evidence-Based	http://www.nami.org/About-NAMI/Ending-the-Silence	http://www.nami.org/About-NAMI/Ending-the-Silence	General Mental Health	High school students	Club	Ongoing		FREE: NAMI State organization and local NAMI affiliates provide support for organization and local NAMI affiliate provide support for students and advisors.	School organization and local NAMI affiliate provide support for students and advisors.	Specific criteria to become a club on campus (6 steps; webinar, four-view, etc.); 1-day regional training offered for one club to meet.
Bring Change to Mind (Club)	A student-led club aimed at giving teens a platform to share their voices and raise awareness around mental health. Main goal: educate about mental health, have a regional manager who helps with club goals throughout the year with a year + one check-in and always available by email. "hearsy" where every area regional groups come together to share ideas.	Evidence-Based	http://www.bringchange2mind.org/	http://www.bringchange2mind.org/	General Mental Health	High school students	Club	Ongoing		FREE: The club provides all of the following: * An annual \$500 grant for group activities * Educational and promotional materials * Access to the Club Portal containing event & activity breakdowns, educational presentations, and a club guideline * An invitation to Annual ICHS HS Student Summit where all club members come together to learn from leaders in the mental health field and share their club stories and experience with each other * Free annual Healthcare meditation app subscription; and invitations to support events in local area	These clubs are organized like a HS club with a teacher or admin advisor oversight of all meetings and club events. Advisors are given a manual and have access to ICHS headquarters and the regional manager.	
Signs of Suicide (SOI)	Students will learn how to identify the signs of depression and suicide in themselves and their peers. This training promotes help-seeking behaviors through the ACT model (Acknowledge, Care, Tell).	Evidence-Based	"National Registry of Evidence-Based Programs and Practices (NREPP) evidence-based program recommended for school counselors and social workers * Designation as a "Program with Evidence of Effectiveness" * SPRC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP)." https://www.nrepp.org/	https://www.nrepp.org/	Suicide Prevention, SPRC Gatekeeper	Middle school and High school teachers, ages 13-17. Gatekeeper training portions available for adults (i.e. parents or school staff) included in purchase	In-class	1 hr		\$69.99 for one year license DVD, discussion guide, depression screening tool, access to online portal. The program also includes training materials for faculty and school staff as well as in-person and online educational materials for parents.	School staff	
Youth Aware of Mental Health (YAM)	Both Awareness of Mental Health (YAM) is a youth driven school-based program in which youth learn about suicide, depression, anxiety, healthy discussion and role-play. YAM invites youth to reflect on their emotions and to consider different approaches when faced with the challenges of mental health concerns.	Evidence-Based	"YAM was evaluated in the UK-wide Randomized Controlled Trial and involved more than 11,000 participants. Results found YAM effective in reducing cases of suicide attempts and severe suicidal ideation by approximately 50%. New cases of depression were reduced by approximately 30% in the youth participating in YAM." http://www.yam-uk.com/	http://www.yam-uk.com/	General Mental Health	6-12 grade students, ages 13-17	In-class	5 sessions, 1 hr each over three weeks		YAM works within local needs including language and culture	Two trained adult program facilitators	One of three 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 (i.e., youth workers, teachers, social workers, counselors or school psychologists).
M.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 prevention skills.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention and General Mental Health, SPRC Gatekeeper	9th-11th grades	In-class	Four 45-minute lessons		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 curricula	
Glyphon Place, the Gatekeeper Suicide Prevention Program: A High School Curriculum *	De-stigmatize mental illness, identify the warning signs of suicide and increase help-seeking behavior. The Gatekeeper Program has never been brought outside of MI state lines. Currently don't have the copyright or staff to administer the program 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.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	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 dependent 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.nami.org/About-NAMI/Ending-the-Silence	General Mental Health	High school students. (also available for 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 help@suicideprevention.org	Certified Youth Mental Health First Aid trainers)	
TIER 1 (PARENTS)												
Glyphon Place Gatekeeper Suicide Prevention Program: A Middle School Curriculum *	De-stigmatize mental illness, identify the warning signs of suicide and increase help-seeking behavior. The Gatekeeper Program has never been brought outside of MI state lines. Currently don't have the copyright or staff to administer the program 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.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention, SPRC Gatekeeper	Middle school students (7th grade) 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.
Glyphon Place, the Gatekeeper Suicide Prevention Program: A High School Curriculum *	De-stigmatize mental illness, identify the warning signs of suicide and increase help-seeking behavior. The Gatekeeper Program has never been brought outside of MI state lines. Currently don't have the copyright or staff to administer the program 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.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention, SPRC Gatekeeper	High school students (9th grade) Staff and parent awareness presentations are offered to schools.	In-class	Four 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.
Signs of Suicide (SOI)	Students will learn how to identify the signs of depression and suicide in themselves and their peers. This training promotes help-seeking behaviors through the ACT model (Acknowledge, Care, Tell).	Evidence-Based	"National Registry of Evidence-Based Programs and Practices (NREPP) evidence-based program recommended for school counselors and social workers * Designation as a "Program with Evidence of Effectiveness" * SPRC designated this intervention as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP)." https://www.nrepp.org/	https://www.nrepp.org/	Suicide Prevention, SPRC Gatekeeper	Middle school and High school teachers, ages 13-17. Gatekeeper training portions available for adults (i.e. parents or school staff)	In-class	1 hr		\$69.99 for one year license DVD, discussion guide, depression screening tool, access to online portal	School staff	
Response: A Comprehensive High School-based Suicide Awareness Program (2nd Edition) *	Increase awareness about suicide among high school students, staff and parents	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention, SPRC Gatekeeper	High school students, Optional Parent Workshop costs \$175	In-class	Four 1-hour lesson plans		\$425 plus \$25 shipping (includes implementation, coordinator, and teacher manuals) with associated PowerPoint presentations and DVD's * Additional Teacher Manual \$137.50 * Includes PowerPoint presentation and Never Enough DVD * Optional Parent Workshop \$175 (includes PowerPoint presentation and Parent Component DVD)	School staff or health teachers. Curriculum, videos and slides made to be easily learned for self-implementation	Self-taught. Easy to follow manual. Takes a few hours
Sources of Strength *	Focus on increasing help-seeking behaviors and promoting connections between youth and adults. This training uses upstream approaches to preventive 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 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention and General Mental Health, SPRC Gatekeeper	Middle/High school students, Parents and school staff trainings available	In-person	1-8 month project		\$1,000 per school/district plus an additional \$1,000 to send one participant to attend a four-day Train the Trainer (T4T) event. The cost per participant drops to \$1,500 if you send more than one.	The program is delivered by either someone from Sources of Strength national training staff 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.	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 (T4T) event, and then coordinate with someone from Sources of Strength staff twice. More details on the process of trainer certification can be found at https://www.sourcesofstrength.org/trainer/48-overview/
More Than Sad *	There are three programs for More Than Sad - a school personnel team school response policies & protocols for identifying & assisting youth at risk of suicide. Parents learn to identify signs of depression & other mental health problems, how to talk about mental health with their child & how to get help.	Evidence-Based	"Choosing a Suicide Prevention Gatekeeper Training Program - A Comparison Table, Updated by the Suicide Prevention Resource Center, July 2018" https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	https://www.sprc.org/sites/default/files/2018-07/Choosing_a_Suicide_Prevention_Gatekeeper_Training_Program_-_A_Comparison_Table.pdf	Suicide Prevention and General Mental Health, SPRC Gatekeeper	High school students (more may be useful for middle school students)	In-class for students, Teacher and parent version in assembly or staff development	The program is 30-45 minute two 35-minute DVD's		\$59.99 for two DVD set from ASPD store. Accompanying material (facilitator guide and other materials) can be downloaded on the ASPD website: https://aspd.org/workshop/educators/more-than-sad/ . Local ASPD chapters can gift the program to schools at no cost. If chapter hosts MTS presentations it is at no cost.	School educator/trainer or, if through the local ASPD chapter, by volunteers.	Approximately one half day. Current TSI model being modified. More pilot being conducted to modify the TSI model.
Riding the Waves	Curriculum composed of interactive discussions and skill-building activities	Evidence-Based	http://www.ridingthewaves.org/	http://www.ridingthewaves.org/	General Mental Health and Healthy Emotional Development	9th grade students. Parent information handbook available.	In-class	12 short (20-40 minute) lessons		For the low price of \$250 you will get access to 12 short (20-40 minute) lessons in Riding the Waves, which includes interactive discussions and skill building activities. Another component to Riding the Waves is a parent education handbook, which students will take home to share with parents or guardians. They not only summarize the content of that day's lesson, but also incorporate personal stories about their own struggles with their children.	Teachers and educators	
Break Free from Depression	Focus on signs of depression & importance of help-seeking. Must have bandwidth to train facilitators for delivery of modules, online self-paced course available.	Evidence-Based	http://www.breakfreefromdepression.org/	http://www.breakfreefromdepression.org/	General Mental Health	High school students, Modules available 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, handouts, resources, and presentations for the student curriculum, parent workshop, staff workshop, and the Break Free from Depression documentary.	School staff or relevant staff/agencies working with the School/District	FREE 2 hour webinar training

