

LIFE PROMOTION

All stakeholders create a culture of learning so that students come first.

- ◆ As we enter into the 2017/2018 school year we continue to have a focus on [Life Promotion](#). A concept embraced by Indigenous cultures, life promotion is an “approach based on the belief that all young people are capable of finding their own path to a holistic and meaningful life”. The approach allows students to find a place where they are able to flourish despite challenges they may face.
- ◆ Suicide prevention refers to the wide range of efforts and resources available that can create safer environments for all students (examples include education and awareness of mental health, reducing stigma related to mental health and suicide, creating safe spaces, accessing internal and external mental health services for students, crisis response, etc.).
- ◆ Combining life promotion and suicide prevention allows us to align practices that best meet the needs of youth. It also provides a positive framework for responding to students and assisting students who disclose suicidal ideation.
- ◆ In the event a student discloses suicidal ideation, DO NOT leave the student alone. If the student presents as high risk (i.e. frequent/consuming thoughts, has a reasonable plan, access to means to support the plan, no preventative factors or ability to reference reasons why they should stay alive) contact parents/caregiver immediately and connect to OR directly transport the student to a Mental Health professional OR emergency services.

ASIST TRAINING DATES

KENORA

NOVEMBER 22nd and 23rd
NOVEMBER 18th and 19th (tentative) OR
DECEMBER 2nd and 3rd (tentative)

SIOUX LOOKOUT

OCTOBER 26th and 27th

Interested in Applied Suicide Intervention Training? Please speak with your Administrator for more information. We are currently working on having 1-2 staff ASIST trained at each KPDSB school. ASIST workshops fill up quickly, so please identify an interest as soon as possible. ASIST training should only be obtained by those who have a genuine interest in the training and willingness/comfort level to apply those skills in practice. The training can evoke emotions/feelings for those who struggle with or have struggled with mental health concerns or suicidal ideation. Please note this is intense training with a requirement to attend all hours of training which may go beyond regular work hours (8:30-4:30)

CLICK LINK



[TOGETHER TO LOVE. A toolkit for addressing youth suicide in your community](#)

KPDSB Life Promotion, Prevention and Intervention

- Ask your Principal for a copy of KPDSB’s Life Promotion/Suicide Prevention and Intervention Protocol.
- Consider [Creating Pathways for Success](#) document for direct classroom teaching.
- Focus on teaching students who they are, where they come from, and who they want to be.
- Help students identify barriers in life plans and strategies to over come these barriers.
- Focus on life promotion, to create a sense of belonging, meaning, purpose and hope in students lives.
- Always remember you have a **duty to report** in the event a student discloses one of the following:
 - 1) they are at risk of harm to themselves
 - 2) at risk of harming others
 - 3) or someone has harmed them

Respectful Language	Stigmatizing Language
Death / Died by Suicide	Committed Suicide
Suicided	Successful Suicide
Ended his or her own life	Completed Suicide
Non-fatal attempt at suicide / Suicide Attempt	Failed attempt at suicide
Someone who has lost someone to suicide	Suicide survivor

The Language of Suicide

Suicide: intent, self-inflicted death.

Suicide Attempt: any non-fatal, self-inflicted action taken with the intention of killing oneself, regardless of lethality.

Suicidal Ideation: thoughts of harming or killing oneself.

Suicidality / Suicidal Behaviours: all aspects of suicidal thoughts, behaviours and actions, including death.

Non-suicidal self-injury: the intentional harm of one's body without the intention to die. This does not include behaviours that are socially sanctioned and done without the intent to decrease emotional pain (e.g., tattooing and piercing).

[CENTER FOR SUICIDE PREVENTION](#)

[SELF HARM & SUICIDE](#)

[WHAT WE WISH ALL TEACHERS KNEW ABOUT SUICIDE](#)

[SCHOOL SUICIDE PREVENTION PROGRAM](#)

[WELCOME BACK A STUDENT WHO EXPERIENCED SUICIDALITY](#)

[ANXIETY DISORDERS, DEPRESSION & SUICIDE](#)

[WHAT TO DO AFTER A SUICIDE](#) (*ALWAYS FOLLOW KPDSB POSTVENTION PROTOCOL)

[SUBSTANCE USE & SUICIDE](#)

[HOW TO TALK TO PARENTS ABOUT A CHILD @ RISK](#) (*ALWAYS NOTIFY ADMINISTRATORS)

[Suicide IS Preventable](#)

Search Shawna Percy in this TEDTalk, Suicide IS Preventable, as she discusses life promotion, ASIST, and reducing stigmatizing language

CLICK on the blue hyperlinks above for short webinars on the topics listed. The Center for Suicide Prevention also has toolkits and additional resources. Consider watching a webinar at a staff meeting, during a PLC, or on your own time for additional professional development.

[SUPPORTING MINDS SECTION 8: SELF-HARM & SUICIDE](#) SEE PAGE 121-137

CUT HERE



CRISIS NUMBERS FOR YOUTH		CRISIS NUMBERS FOR ADULTS	
CRISIS LINE	1-866-888-8988	CRISIS LINE	1-866-888-8988
KIDS HELP LINE	1-800-668-6868	KENORA CHIEF'S ADVISORY	1-855-367-2600
FIRST NATIONS AND INUIT HOPE FOR WELLNESS LINE	1-855-242-3310	FIRST NATIONS AND INUIT HOPE FOR WELLNESS LINE	1-855-242-3310
FIREFLY	1-800-465-7203	ONTARIO MENTAL HEALTH HELPLINE	1-866-531-2600
Text-only and chat lines coming soon to Ontario. Stay tuned for more information		TELEHEALTH ONTARIO	1-866-797-0000

IN THE EVENT OF AN EMERGENCY CONTACT 911 IMMEDIATELY AND GO TO THE NEAREST HOSPITAL