

Preventing Youth Suicide Initiative (PYSI) Multi-Tiered School Suicide Prevention

Recommended Suicide Prevention Professional Development, Trainings, and Programs

Introduction:

The recommended professional development opportunities, trainings, and programs provided in this resource have been chosen based on their evidence-base, feasibility, and sustainability. They are organized according to their use in helping your school teams to achieve commonly identified needs in school suicide prevention. Turn to the list of resources that are most relevant to the needs your school team has identified based on the school suicide prevention assessment results and strategic action planning priorities areas/goals.

Please note that there are a variety of community organizations in the greater Western Indiana region offering trainings and programs for schools in student mental health and suicide prevention at low cost or for free. You are encouraged to first work with these community organizations to address needs in your school community and then to either a) use the stipend to strengthen your sustainability of the trainings or programs offered by community partners or to b) use your PYSI year 2 stipend to address one of the content areas that cannot already be met with existing community resources. Trainings/programs already being offered by community organizations are noted and shaded in blue within the following lists. Opportunities not available at low or no cost are shaded in white. All listed opportunities include relevant websites and contact information.

Professional Development/Training/Program Content Areas:

- [Strengthening school communities' abilities to implement Tier 1 strategies that support suicide prevention](#)
- [Strengthening school communities' abilities to identify students at risk of suicide](#)
- [Strengthening school student wellness and mental health professionals' abilities to support students identified as at risk for suicide](#)
- [Strengthening school community preparedness to implement postvention response plans after a suicide death](#)

Trainings/Programs on Tier 1 Strategies that Promote Suicide Prevention

Professional Development, Trainings, & Programs Being Offered at Low or No Cost in Indiana:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| It's Real: Teens and Mental Health | A program for teenagers that educates on what mental health is, how to check in with someone you are worried about and how to identify both trusted adults and resources to support your mental health. | 45 minute, in-person program designed to be used within high school and middle school classes. | Students between the ages of 14-18 for high school program Students 11 to 15 for middle school program | https://afsp.org/itsreal | <ul style="list-style-type: none"> Submit the Indiana AFSP Program Request Form: https://afsp.wufoo.com/forms/afsp-indiana-program-request-form/ |
| Wellness Recovery Action plan (WRAP) | A program for adults that helps them identify strategies, processes, and a plan for staying mentally healthy. | Offered as two, 2-hour classes or one 4-hour class and can be repeated monthly. | Resource for school staff, parents/guardians, and students who are 18 years of age or older. | nami-wci.org/services/education/ | <ul style="list-style-type: none"> NAMI West Central Indiana is leading these classes. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |
| Sources of Strength | Train's school staff and youth peer leaders in the implementation of an in-depth school framework for developing a positive school environment that promotes school social connectedness and life-skills. Includes building student awareness of how to seek help from trusted adults in the school community. | In-Person training for adult advisors and peer leaders that adult advisors can self-sustain after completing a train the trainer. Train the Trainer can be completed in-person or virtually. In-school activities post the adult train the trainer are in-person. | Adult staff, community partners, and students in elementary, middle, & high school. | sourcesofstrength.org | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is offering Sources of Strength through a statewide Garrett Lee Smith Suicide Prevention Grant. Contact Caitlyn Short at Caitlyn.Short@fssa.IN.gov. Healthy Communities of Clinton County is offering Sources of Strength curriculum and materials to area schools. Contact Kathy Martin, Director of Operations at |

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| | | | | | <p>Kathy.martin@healthyclintoncounty.org for more information.</p> <ul style="list-style-type: none"> Visit https://sourcesofstrength.org/pricing/ for information and pricing on additional training options. |
| Erika's Lighthouse | <p>The program includes four pillars: classroom education, empowerment clubs, family engagement, and school policy and staff development. The classroom education helps students to recognize signs & symptoms of depression, promote mental health, and encourage help-seeking. The program is video-based and includes 4 lessons.</p> | <p>Classroom education offers 3-levels of programming. Level 1 for grades 4-6, level 2 for grades 5-9 and level 3 for grades 8-12. Program also offers a model for a student club focused on mental health: Empowerment Club.</p> <p>All materials can be accessed for free from the website.</p> | <p>Students grades 4-12, adult staff and parents.</p> | <p>https://www.erikaslighthouse.org/</p> | <ul style="list-style-type: none"> Visit erikaslighthouse.org/contact/ For more information on Empowerment Clubs, contact Derik Elkin, Empowerment Club Coordinator, at Derick@erikaslighthouse.org |
| <p>Bring Change to Mind (BC2M) High School Program</p> <p>Bring Change to Mind (BC2M) Middle School Program</p> | <p>Through weekly meetings, direct support from BC2M staff, and school-wide events and presentations, offers a student-led program to increase mental health awareness and education while empowering youth to be leaders of this movement and end stigma.</p> <p>The high school program also offers a free subscription for participating schools to Headspace for Teens, a mental health and mindfulness platform.</p> | <p>Programming offers a school club model and a guidebook of club activities to have student-led discussions on various mental health related topics, student leadership, and how to build a stronger school community.</p> <p>School clubs also receive \$500 a year for club related activities.</p> | <p>Middle school and high school aged students.</p> | <p>https://www.bringchange2mind.org/high-school-program/</p> <p>https://www.bringchange2mind.org/middle-school-program/</p> | <ul style="list-style-type: none"> Complete Program Interest Form: https://bringchangetomind.my.site.com/BC2MForms/s/bc2m-club-application For more information, contact highschool@bringchange2mind.org or middleschool@bringchange2mind.org |

Professional Development, Trainings, & Programs Available to Purchase:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| Dialectical Behavior Therapy (DBT) in Schools: Skills Training & Emotional Problem Solving for Adolescents (DBT STEPS-A) Curriculum | Provides a curriculum that teachers and other school personnel can use to implement 30 different lesson plans on developing youth skills in mindfulness, distress tolerance, emotion regulation, and relationships. Been shown to decrease youth suicide thoughts and attempts. | Curriculum manual for school staff. Manual is reproduceable and available in PDF and lay-flat binding. | Curriculum to implement with 6-12 grade students. | dbtinschools.com/dbt-steps-a | <ul style="list-style-type: none"> Visit the DBT in Schools website: https://www.dbtinschools.com/ |
| Gizmo’s Pawesome Guide to Mental Health | A self-directed guide implementer training with Curriculum that teachers can use to teach elementary school students about mental health, healthy coping skills, and identifying trusted adults. | Online, self-paced training with curriculum materials and technical assistance from the curriculum creators. | Training for elementary school staff and curriculum for elementary students. | gizmo4mentalhealth.org/ | <ul style="list-style-type: none"> Visit the webpage gizmo4mentalhealth.org/curriculum-preview/ to learn more on the curriculum. Visit gizmo4mentalhealth.org/contact/ to request more information on purchasing the curriculum. Indiana AFSP is currently offering Gizmo’s Pawesome Guide to Mental Health Read Alongs that can support Curriculum rollout, submit the Indiana AFSP Program Request Form: afsp.wufoo.com/forms/afsp-indiana-program-request-form/ |
| Good Behavior Game | Provides training and t/a to help teachers implement a team-based classroom behavior management strategy which helps children learn how to act as effective students and learn lifelong skills that have been shown to reduce suicidal ideation. | Intensive, three-day, in-person training for teachers with ongoing coaching and materials for playing the game throughout the year. | Curriculum to implement with elementary school students. | https://goodbehaviorgame.air.org/about_gbg.html | <ul style="list-style-type: none"> Contact the program team at gbg@air.org or call 1-866-535-8686. |



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| <p>Hope Squad</p> | <p>A program that educates a group of youth leaders in suicide prevention, mental health, resilience, and anti-bullying. These youth leaders participate in learning sessions and identify the school community's trusted adults. These youth leaders also help change the school culture to increase connectedness and decrease stigma related to mental health.</p> | <p>Schools partner with mental health agencies in implementing Hope Squads. 20-30 peer leaders engage in monthly trainings which include lesson plans and activities. Peer leaders identify trusted adults, help connect struggling youth with the trusted adults, and support broader school culture change throughout the academic year.</p> | <p>Peer leadership program can be implemented in elementary through high school. Hope Squad is adaptable for different grade levels.</p> | <p>hopesquad.com/fag/</p> | <ul style="list-style-type: none"> Complete the online Get Started form here: https://hopesquad.com/get-started |
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Trainings/Programs on Identifying Students Who Are at Risk for Suicide

Please note: Many trainings on identifying students who are at risk for suicide (gatekeeper trainings) are available to either attend or to become certified instructors. Visit relevant websites to learn about the available opportunities, cost, and time commitment for attending or becoming a certified instructor.

Professional Development, Trainings, & Programs Being Offered at Low or No Cost in Indiana:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| Ending the Silence for students | Offers a presentation discussing the warning signs of mental health conditions, facts/statistics on mental health, and young adult stories of recovery. The presentation is designed to help students learn what steps they can take to help themselves or a friend deal with mental illness. Presentation can also be provided to school staff and parents. | A mixture of in-person presentations and accompanying videos. | Students, School Staff, and Parents/Guardians. | https://nami-wci.org/services/community-outreach/ | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is supporting NAMI West Central Indiana in offering these presentations through a statewide Garrett Lee Smith Suicide Prevention Grant. Contact Caitlyn Short at Caitlyn.Short@fssa.IN.gov. NAMI West Central Indiana is leading these trainings. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |
| Mental Health First Aid (MHFA) & Youth Mental Health First Aid (YMHFA) | An in-depth course that teaches adults how to identify, understand, and respond to signs of mental illness and substance misuse. Provides skills in interacting with someone experiencing a mental health | Full-day, in-person, interactive training. | Adult staff and/or parents/guardians. Youth version of MHFA focuses specifically on understanding and responding to signs of | mentalhealthfirstaid.org Information on Youth MHFA is available at https://www.mentalhealthfir | <ul style="list-style-type: none"> For information on becoming an MHFA or YMHFA instructor visit, mentalhealthfirstaid.org/become-an-instructor/ Healthy Communities of Clinton County is offering MHFA trainings through their own |



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| | crisis and connecting them with mental health services. | | mental illness and substance misuse in youth. | staid.org/population-focused-modules/youth/ | <p>certified MHFA instructor. Contact Kathy Martin, Director of Operations at Kathy.martin@healthyclintoncounty.org for more information.</p> <ul style="list-style-type: none"> AFSP is offering MHFA & YMHA trainings through their own certified instructors. Find available trainings at afsp.org/chapter/indiana#events |
| More than Sad | Three different versions of this training can be used to provide teachers, parents/guardians, or teens with information on the warning signs of mental distress and how to get help. | In person or virtual trainings that are 90-120 minutes. | Teachers, parents/guardians, and/or students | afsp.org/more-than-sad | <ul style="list-style-type: none"> Submit the Indiana AFSP Program Request Form: https://afsp.wufoo.com/forms/afsp-indiana-program-request-form/ |
| Question Persuade Refer (QPR) | Provides a short training on recognizing the warning signs for suicide, asking someone if they are thinking about killing themselves, and connecting them with mental health services | <p>In-Person or Self-Paced options available for those wanting to become a QPR instructor who can offer their own trainings in their school community.</p> <p>One-time online/virtual trainings available with specialized content for individuals in specific roles (e.g., have a QPR for school health professionals and a QPR for sport coaches).</p> | Adult staff. | https://qprinstitute.com/ | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is offering a free QPR Instructor Training opportunity on September 16th, 2025 at Mental Health America Wabash Valley Region. Please reach out to your t/a specialist for more information. For additional QPR training information from IFSA, please contact Michelle Fox at Michelle.Fox@fssa.gov. Healthy Communities of Clinton County is offering free QPR trainings through their own certified QPR instructor. Contact Kathy Martin, Director of Operations at Kathy.martin@healthyclintoncounty.org for more information. |

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| | | | | | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region is offering free QPR trainings through their own certified QPR instructors. Contact Woody Berentes at rberentes@mhawv.org or visit https://calendly.com/marketing-mhawvr/30min?month=2024-11 to schedule a training date. NCHS has sponsored all Cohort 2 districts to be able to order custom QPR booklets of North Central Indiana-specific mental health and crisis resources. Email dana@qprintinstitute.com with your order request and include a note that the order is for the North Central Indiana Customized QPR booklet. There is a minimum order of 500 booklets (order requests can come from multiple PYSI schools to meet the order minimum). |
| SafeTALK | Training that teaches adults and teenagers to recognize the warning signs of suicide, engage someone at risk for suicide, and connect them with safety/help resources. | 4 hour, in-person training including presentations, audiovisuals, and skills practice. | Adult staff and/or parents/guardians. Teenagers 15 +. | livingworks.net/safetalk | <ul style="list-style-type: none"> Visit LivingWorks website to learn more: https://www.livingworks.net/ AFSP is offering SafeTALK trainings through their own certified instructors. Find available trainings at afsp.org/chapter/indiana#events |
| Talk Saves Lives | Training that provides an overview of the scope of the problem, an understanding of suicide risk and protective factors, information on the warning signs of | 45-60 minute in-person training. | Adult staff and/or parents/guardians. | afsp.org/talk-saves-lives | <ul style="list-style-type: none"> Submit the Indiana AFSP Program Request Form: https://afsp.wufoo.com/forms/afsp-indiana-program-request-form/ |



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| | <p>suicide, and steps to keep yourself and others safe.</p> <p>There are five different trainings under the Talk Saves Lives umbrella available including an Introduction to Suicide Prevention and Suicide Prevention in the LGBTQ Community.</p> | | | | |
| Trevor Project’s CARE (Connect, Accept, Respond, Empower) Training | An interactive and intensive training that provides adults with an overview of suicide among lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) youth, the different environmental stressors that contribute to their heightened risk for suicide, and strategies for responding to youth suicide and creating supportive school environments for all youth. | <p>90-minute virtual or in-person training.</p> <p>(Trevor also offers custom modules as standalone trainings, e.g., Safe and Supportive Schools)</p> | Youth-serving professionals | https://www.thetrevorproject.org/care-training/ | <ul style="list-style-type: none"> Email education@thetrevorproject.org to discuss training needs with a Trevor Education staff. Trevor offers immediate grants for schools to cover all training costs. |

Professional Development, Trainings, & Programs Available to Purchase:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| Connect Suicide Prevention & Intervention Training | Training that teaches community members how to recognize the warning signs of suicide and intervene with a person at risk, as well as helping the community to develop across-system | In-person training that can be offered in segments of 1 or 2 days. The 1-day training focuses on education only. The 2-day | Adult staff, with a specialization in bringing together a variety of community partners. | theconnectprogram.org/available-services/suicide-prevention-and-intervention-training-with-a-community-based-approach/ | <ul style="list-style-type: none"> Visit the Connect website to learn more: https://theconnectprogram.org/ |



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| | capacity to develop a safety net for individuals at risk for suicide. | training focuses on education and community planning. | | | |
| Lifelines Prevention Training | Curriculum designed for middle and high schools to help staff, parents, and students learning suicide warning signs, how to get help, and their roles in suicide prevention. | Curriculum is designed to be integrated into health class programming and lesson plans. | Staff, parents, and middle and high school students. | https://www.hazelden.org/web/public/lifelines.page | <ul style="list-style-type: none"> Visit Lifelines website to learn more and to purchase the curriculum: https://www.hazelden.org/web/public/lifelines.page |
| Lifelines Intervention Training | Curriculum designed for school staff to help them better involve parents in suicide prevention efforts, and to learn how to intervene when a student is at risk for suicide. | Curriculum is designed to be taught by school staff to school staff. | School staff. | https://www.hazelden.org/web/public/lifelines.page | <ul style="list-style-type: none"> Visit Lifelines website to learn more and to purchase the curriculum: https://www.hazelden.org/web/public/lifelines.page |
| Making Educators Partners in Youth Suicide Prevention: ACT on FACTS | This training provides education to school staff on how to develop school cultures that promote suicide prevention, understand their role in suicide prevention, identify what groups of students may be at increased risk for suicide, and use specific strategies for supporting students who are at risk. | 2-hour online or in-person training. | School teachers in high school, middle school, and elementary school. | https://sptsusa.org/school-staff/ | <ul style="list-style-type: none"> Visit the Society for Prevention of Teen Suicide (SPTS) to register and access the online course portal: https://sptsuniversity.org/register |
| Signs of Suicide for Students | This training fits into a typical single class period and can be used by school staff to teach students about the warning signs of suicide, how to get help for themselves or a friend, and can include implementation | In-person training that school staff can incorporate into class periods. Can include sharing of a non-diagnostic suicide risk screening form. | Middle & Highschool Students. | https://learn.mindwise.org/sos-signs-of-suicide | <ul style="list-style-type: none"> Visit the MindWise Innovations website: https://learn.mindwise.org/sos-signs-of-suicide |



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| | of optional depression and suicide risk screenings for youth. | | | | |
| Signs of Suicide for Adults | This online or in-person training provides school staff with skills to identify the warning signs of suicide, engage in caring conversations with youth who are at risk, and to keep students safe while they are connected with mental health staff. | Available as a one-hour, self-guided online course or as a two-hour live gatekeeper training that staff can take part in online or in-person. | K-12 School Staff. | mindwise.org/sos-for-school-staff/ | <ul style="list-style-type: none"> Visit the MindWise Innovations Website: https://www.mindwise.org/sos-for-school-staff/ |

Strengthening School Student Wellness & Mental Health Professionals' Abilities to Support Students Who Are at Risk for Suicide

Professional Development, Trainings, & Programs Being Offered at Low or No Cost in Indiana:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| 988 Crisis Line | <p>24/7 free mental health, suicide, and substance misuse crisis line that is available to youth and adults by calling or texting 988.</p> <p>Individuals can also access 988 via internet chat from any computer, tablet, or phone by visiting https://chat.988lifeline.org/</p> | <p>Trained crisis line counselors can help stabilize crisis callers, texters, or chatters and provider referrals to community resources/ services, including emergency services when needed.</p> <p>Individuals worried about a student, peer, or colleague can also contact 988 to seek advice or providing support.</p> | Resource for school staff, parents/ guardians, and students of any age who are able to access and use a phone. | mhawv.org/crisis-center/ | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region is running the area's 988 crisis line. Contact mha@mhawv.org information and resources to help promote the crisis line. |
| ASIST (Applied Suicide Intervention Skills Training) | Provides training in recognizing the warning signs of suicide and assessing suicide risk, providing suicide-specific interventions, and developing a safety plan to keep youth safe. | Two-day face-to-face workshop, including presentations, discussions, simulations, and audio visuals. | School counselors and social workers. | livingworks.net/asist | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is offering ASIST gatekeeper trainings through a statewide Garrett Lee Smith Suicide Prevention Grant. Contact Caitlyn Short at Caitlyn.Short@fssa.IN.gov. Healthy Communities of Clinton County is offering ASIST trainings through their own certified ASIST instructor. Contact Kathy Martin, Director of Operations at |

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| | | | | | <p>Kathy.martin@healthyclintoncounty.org for more information.</p> <ul style="list-style-type: none"> AFSP is offering ASIST trainings through their own certified instructors. Find available trainings at afsp.org/chapter/indiana#events |
| CAMS (Collaborative Assessment and Management of Suicidality) | Training on using the CAMS framework and associated suicide status form to assess suicide risk and create a treatment plan specifically for individuals with serious thoughts of suicide. | 3 hour online foundational training and/or 7 hour in-person role-play training, providing direct practice using the CAMS suicide status form. | Mental health professionals (including community and school mental health professionals). | cams-care.com/training-certification/ | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is offering CAMS trainings for mental health professionals through a statewide Garrett Lee Smith Suicide Prevention Grant. Contact Caitlyn Short at Caitlyn.Short@fssa.IN.gov. |
| Let's Talk | Peer Recovery Specialists (adults who have experienced similar mental health challenges and recovered) provide emotional support services to adult clients as they seek out and engage in formal mental healthcare. | MHA Peer Recovery Specialists engage in in-person or telephone appointments that are 30-45 minutes in length with individuals who are 18 years or older. | Resource for school staff, parents/guardians, and students who are 18 years of age or older. | mhawv.org/lets-talk/ | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region is providing Peer Recovery Specialists. Contact mha@mhawv.org |
| MHA Support Groups (Depression Anxiety and Bipolar, Survivors of Suicide, and Survivors of Sexual Assault) | Peer led support groups that provide group dialogue for individuals sharing similar experiences. | Support groups are hosted one or two times per month virtually or in-person. | Resource for school staff, parents/guardians, and students who are 18 years of age or older. | mhawv.org/support-groups/ (also includes group meeting schedule) | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region is providing support groups. Contact mha@mhawv.org NAMI West Central Indiana is leading these support groups. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |



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| <p>NAMI Connections Support Group & Family Support Group</p> | <p>NAMI Connections is a peer-led support groups for adults living with serious mental illness. Provides a structured atmosphere for adults to discuss their challenges and support one another.</p> <p>NAMI Family Support Group is a peer-led support group for family members of those living with serious mental illness. Uses a workshop format to help family members discuss their challenges and support their loved ones.</p> | <p>Weekly, in-person, 90-minute, support groups located at the NAMI Office.</p> | <p>Resource for school staff, parents/guardians, and students who are 18 years of age or older.</p> <p>Also offer a Connections Support Group specifically for LGBTQ+ adults living with mental illness.</p> | <p>nami-wci.org/services/support-groups/</p> | <ul style="list-style-type: none"> NAMI West Central Indiana hosts these support groups. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |
| <p>NAMI Peer-to-Peer Education and Family to Family Education</p> | <p>Peer to Peer Class provides individuals living with a mental illness education about mental illness, treatment, medications, managing relationships and more.</p> <p>Family to Family Class provides family members of those living with a mental illness with education on mental illness, medication planning, treatment planning, supporting loved ones with mental illness, supporting oneself as a caregiver, and more.</p> | <p>8-week, in-person classes held at the NAMI office and taught by trained peer mentors.</p> | <p>Resource for school staff, parents/guardians, and students who are 18 years of age or older.</p> | <p>nami-wci.org/services/education/</p> | <ul style="list-style-type: none"> NAMI West Central Indiana hosts these classes. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |
| <p>Online Mental Health Screenings</p> | <p>Anonymous, free, online screening tools that anyone can fill out to see if they may be experiencing common mental health</p> | <p>Online screenings take less than 15 minutes to complete and provide follow-up recommendations and resources</p> | <p>Resource for school staff, parents/guardians, and</p> | <p>screening.mhanational.org/screening-</p> | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region provides online mental health screenings. Contact mha@mhawv.org |



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| | challenges. The online screenings include a Youth Mental Health Test. | based on results. Screenings results can be saved and shared with trusted adults. | students in middle or high school. | tools/?ref=MHATippecanoe | |
| Systems-of-Care Navigator Services | A short-term case management program whereby Mental Health America (MHA) Wabash Valley Region connects individuals with clinical mental health services that fit their needs. | MHA case managers will research available mental health services and facilitate connections between families and mental health providers. Free case management is available in their 11-county service area. | Resource for school staff, parents/guardians, and families of youth to use when making external referrals to mental health services. | mhawv.org/mental-health-navigator-services/ | <ul style="list-style-type: none"> Mental Health America, Wabash Valley Region is providing Systems of Care Navigators. Contact mha@mhawv.org or call at 765-742-1800 to make an appointment (provides Spanish call line) |
| INAAP Child and Adolescent Mental Health (CARE) Program and CARE Line | <p>Created by the Indiana Chapter of the American Academy of Pediatrics, the CARE program is an accessible mental health resource for children in Indiana to be matched with mental health providers and resources to fit their needs.</p> <p>The CARE Program and CARE Line [888-495-7271] help to identify and address barriers that negatively impact a family's ability to seek out, and effectively engage in mental health services.</p> | After a child is referred to the program, they are matched with a CARE Program Family Navigator who will work with the family to identify needs, connect with a local service provider(s), and determine next steps for supporting the family. | Resource for school staff, parents/guardians, and adults who work with youth of all ages in the state of Indiana who are seeking mental health services. | https://www.inaap.org/care | <ul style="list-style-type: none"> For program questions: contact Courtney Crockett, Care Program Manager at cc@inaap.org Online CARE Program Intake Form (can be completed by school staff, parent/guardian, or medical professional): https://www.surveymonkey.com/r/CAREIntakeForm CARE Line Number: (888-495-7271) |
| IPMG Child Mental Health Wraparound Program (CMHW) | Wraparound is a voluntary program designed to help families who have children with emotional and/or behavioral challenges. Services include strength-based respite care, case | Each family is connected with a Wraparound Facilitator who will assist with the development of an initial crisis plan, discuss strategies to meet identified | Resources for children, youth, (ages 6-17) and their families to learn skills and connect with local | https://gotoipmg.com/waiver-programs/wraparound | <ul style="list-style-type: none"> For questions and eligibility requirements: Contact Wraparound Customer Service (available 8am-4pm Eastern, Monday – Friday) at (765)- |



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| | <p>management, habilitation, and training and support for the unpaid caregiver.</p> | <p>goals, and facilitation connections with non-wraparound services, including medical, social, educational, and national community supports.</p> <p>The program has four phases: engagement, planning, implementation, and transition.</p> | <p>services to best support a child in the community where they live and go to school.</p> | | <p>464-2991 or https://gotoipmg.com/waiver-programs/wraparound</p> <ul style="list-style-type: none"> To make a referral: Use online referral state portal here - https://incmhwportal.fssa.in.gov/new-referral/ |
| <p>Indiana Department of Health Handle with Care Program</p> | <p>A notification system that enhances the communication between law enforcement/first responders and school communities by informing the school of any youth who has been exposed to a traumatic event (e.g., present at the scene of a crime).</p> | <p>School officials receive an alert that a youth should be “handled with care” from law enforcement/first responders after being exposed to a traumatic event. The school will then implement their crisis protocols and procedures to support the student at school and ensure they receive on-site trauma mental health services, if applicable.</p> <p>Law enforcement, first responders, and other partners who support the notification system complete a trauma informed training prior to implementing programming. Schools also receive free resources and training on how to</p> | <p>Resource for school personnel, law enforcement and first responders, and mental health providers.</p> | <p>https://www.in.gov/health/safesleep/prevention/handle-with-care/</p> <p>Handle With Care Notification Flow Chart</p> | <ul style="list-style-type: none"> To learn about this program in your community or how to get this program started in your area contact: Chelsea Irwin at cirwin@health.in.gov (North Region Contact) or Heather Montgomery at hmontgomery@health.in.gov (South Region Contact) |



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| | | collect program data to monitor program implementation and student outcomes. | | | |
| Closegap | <p>An online software that allows school professionals to get real-time insights about students and offer opportunities for emotional reflection and support.</p> <p>A free and premium version of the software is available. The premium version allows schools to link data with their LMS/SIS and additional data tracking features.</p> <p>The Closegap team is also actively developing support for additional languages (Portuguese, Spanish, Mandarin).</p> | <p>Students are prompted with a fun, quick, daily check-in question based on their age and grade. The check-in will ask about current mood and mental wellbeing. If a student mentions self-harm, suicide, or other risk behaviors, identified school staff are immediately notified to follow up with the student. Each check in ends with a social emotional learning activity. Identified staff are given a daily summary and triage information based on all collected student responses.</p> <p>Schools can customize the topics and types of questions that are asked during check-ins as well to best meet students' needs.</p> <p>Students are also able to send messages and receive resources directly from the online portal, including a list of supportive</p> | Resource for classroom teachers, administrators, and adults supporting K-12 students who are interested in understanding student wellbeing | <p>https://www.closegap.org/</p> <p>Privacy information: https://www.closegap.org/trust-and-safety</p> <p>Success stories: https://www.closegap.org/impact</p> | <ul style="list-style-type: none"> To register for Closegap or to try out an interactive demo of the software, create a free online account here: https://app.closegap.org/sign-up If you would like support for implementation or are interested in a live demo from Closegap staff, please contact: Information for Closegap premium pricing & plan: https://www.closegap.org/pricing |

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| Professional Development, Trainings, & Programs Available Free Online | | | | | |
| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
| Counseling on Access to Lethal Means | Provides mental health professionals (counselors, social workers, therapists) training in discussing means safety with individuals struggling with suicidality. | Free online training. | Mental health professionals (including community and school mental health professionals) | solutions.edc.org/solutions/zero-suicide-institute/services/trainings/counseling-access-lethal-means-calm | <ul style="list-style-type: none"> Enroll in the free training at: https://solutions.edc.org/solutions/zero-suicide-institute/services/trainings/counseling-access-lethal-means-calm |
| Columbia Suicide Severity Rating Scale (C-SSRS) Trainings | Trainings on effectively using the Columbia Suicide Severity Rating Scale (suicide risk screener and assessment). | Free online trainings through a variety of formats including: An interactive module, pre-recorded webinars, & live webinars, all 1 hour or less. Also provide 90-minute, in-person workshops when requested. | Both mental health and other student support staff (such as nurses, faith leaders, guidance counselors, etc.) | cssrs.columbia.edu/training/training-options/ | <ul style="list-style-type: none"> Learn more on all types of available trainings at cssrs.columbia.edu/training/training-options/ |
| Safety Planning Intervention for Suicidal Individuals | Training on providing a safety planning intervention for individuals who are at risk for suicide, including an overview of when to use a safety plan and the steps in conducting an evidence-informed safety plan. | Free online, training on conducting a safety plan with individuals struggling with suicidal thoughts. | Mental health professionals (including community and school mental health professionals) | practiceinnovations.org/portals/0/SafetyPlanning/shell.html | <ul style="list-style-type: none"> Access the free online training at https://practiceinnovations.org/portals/0/SafetyPlanning/shell.html |



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| <p>The Jason Foundation Suicide Prevention Training Modules</p> | <p>Various 1-2 online, interactive courses on best practices for preventing youth suicide and responding to youth in crisis. Course topics include: bullying and suicide, teen depression, suicide contagion, suicide postvention, the history of suicide prevention, and more.</p> | <p>Free online trainings on a variety of youth suicide prevention and mental wellness topics.</p> | <p>School personnel, mental health professionals, and any adult who interacts with young people.</p> | <p>https://jasonfoundation.com/get-involved/educator-youth-worker-coach/professional-development-series/professional-development-training-modules/</p> | <ul style="list-style-type: none"> • Register to access the free online training modules here: https://jasonfoundation.my.site.com/lms/s/self-register?startURL=%2Flms%2Fs%2F • The Jason Foundation also offers a free student curriculum for the awareness and prevention of youth suicide. A digital or physical copy can be request here: https://jasonfoundation.com/get-involved/student-curriculum/ |
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Professional Development, Trainings, & Programs Available to Purchase:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| <p>Assessing and Managing Suicide Risk (AMSR)</p> | <p>Provides mental health professionals (counselors, social workers, therapists) training in assessing an individuals' current level of suicide risk and how to monitor that suicide risk over time</p> | <p>In-Person or online training for mental health professionals.</p> | <p>Mental health professionals (including community and school mental health professionals)</p> | <p>solutions.edc.org/solutions/zero-suicide-institute/amr</p> | <ul style="list-style-type: none"> • Information on in-person and online trainings available at solutions.edc.org/solutions/zero-suicide-institute/amr/services |
| <p>Certified QPR + Pathfinders Training</p> | <p>Training provides basic education on recognizing suicide warning signs and how to intervene-- coupled with training on how to engage in assessing and managing suicide risk, safety planning, provide grief support specific to suicide loss, and carrying out key postvention steps following a suicide death.</p> | <p>In-depth, 14-hour online training, including reading, activities, and multimedia.</p> | <p>School support staff serving in roles to promote student wellbeing (social workers, nurses, faith leaders, guidance counselors, etc.)</p> | <p>qprinstitute.com/qpr-pathfinder</p> | <ul style="list-style-type: none"> • Learn more at https://qprinstitute.com/qpr-pathfinder |

Strengthening School Community Preparedness to Implement Postvention Response Plans

Professional Development, Trainings, & Programs Being Offered at Low or No Cost in Indiana:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| AFSP Suicide Bereavement Clinician Training (SBCTP) | This training provides mental health professionals with education on and practice in effectively supporting individuals bereaved by suicide. Can provide 6.5 hours of CE credits for NASW and NBCC. | Live, online training that includes didactic and video presentations, group discussion, and case examples, usually hosted over two days. | Mental health professionals, clergy, pastoral counselors, school personnel, and interested others. | sbct-fl.attendase.com/ | <ul style="list-style-type: none"> Email Kelsey Aaron with the Indiana AFSP Chapter at kaaron@afsp.org |
| AFSP Suicide Loss Support Group Facilitator Training | Training provides education, practice, and a model for creating and facilitating support groups for suicide loss survivors. AFSP offers two courses: one on facilitating adult support groups and another on facilitating child and teen support groups. | In-person, two-day training being offered in Indianapolis. Training includes lectures, interactive discussion, and role-playing. | Mental health professionals and survivors of suicide loss (Recommended that survivors of suicide loss wait 2 years before becoming support group facilitators) | afsp.org/facilitating-a-suicide-bereavement-support-group | <ul style="list-style-type: none"> Email Kelsey Aaron with the Indiana AFSP Chapter at kaaron@afsp.org |
| LOSS (Local Outreach to Suicide Survivor Teams) | Trained volunteers who have lost a loved one to suicide provide support to families and loved ones following a local suicide death. | In-person support and resources are provided to families and friends following a suicide death. | Anyone experiencing the loss of a loved one to suicide. | https://www.iaprss.org/loss-team/ | <ul style="list-style-type: none"> Indiana Family and Social Services Administration is supporting NAMI in hosting LOSS teams through a statewide Garrett Lee Smith Suicide Prevention Grant. Contact Caitlyn Short at Caitlyn.Short@fssa.IN.gov. |

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| | | | | | <ul style="list-style-type: none"> NAMI West Central Indiana has launched a local LOSS team. Contact Gaby Fisher, Marketing and Development Manager at gfisher@nami-wci.org or Belinda Bernard, Programs Manager at bbernard@nami-wci.org. |
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Professional Development, Trainings, & Programs Available to Purchase:

| Training/ Program | Purpose/Summary | Format | Intended Audience | Website | For More Information |
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| Connect | Provides communities with in-depth training on creating and implementing strong postvention response plans, implementing strategies to support a grieving community, and mitigating future suicide risk. | In-person training, available at a variety of levels of length and depth in content. | Communities and/or specific organizations (such as schools) | theconnectprogram.org/ | <ul style="list-style-type: none"> Read more on the Connect postvention training at theconnectprogram.org/available-services/reduce-suicide-risk-and-promote-healing-suicide-postvention-training/ |
| Lifelines Postvention: Responding to Suicide and Other Traumatic Death | Curriculum designed for school staff to learn how to implement a response plan following a student death by suicide or other traumatic death. | Curriculum designed for school staff to teach school staff. | School staff. | hazelden.org/web/public/lifelines.page | <ul style="list-style-type: none"> Visit Lifelines website to learn more and to purchase the curriculum: hazelden.org/web/public/lifelines.page |
| PREPaRE: Workshop 1 Training: Crisis Prevention and Preparedness Comprehensive School Safety Planning | Training helps schools improve and strengthen their school safety and crisis management plans and emergency response. Workshop 1 focuses on developing crisis response teams and plans and working with community crisis response personnel. | In-Person 1-day training, including presentations, activities, and class materials. | School mental health professionals, administrators, security officers, and educators. | nasponline.org/professional-development/prepare-training-curriculum | <ul style="list-style-type: none"> For questions on the training, email the NASP PREPaRE Coordinator at prepare@naspweb.org NCHS is offering a free PREPaRE 1 training on March 5th, 2025 at the Greater Lafayette Career Academy. Please reach out to your t/a specialist for more information. |

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| <p>PREPaRE Workshop 2 Training: Crisis Intervention and Recovery: The Roles of School-Based Mental Health Professionals</p> | <p>Training helps schools strengthen their school safety and crisis management plans and emergency response. Workshop 2 Training is geared toward providing immediate mental health crisis interventions to the students, staff, and school community members who have been simultaneously exposed to an acute traumatic stressor.</p> | <p>In-person two-day training, including presentations, activities, and class materials.</p> | <p>School mental health professionals, administrators, and other school crisis response team members.</p> | <p>nasponline.org/professional-development/prepare-training-curriculum</p> | <ul style="list-style-type: none"> • For questions on the training, email the NASP PREPaRE Coordinator at prepare@naspweb.org • NCHS is offering a free PREPaRE 2 training on June 4-5th, 2025 at Ivy Tech. Please reach out to your t/a specialist for more information. |
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Reach out to your EDC T/A Specialist with questions on professional development, training, & program opportunities.

All opportunities must be approved by NCHS prior to spending stipend funds on the initiative.

Last Updated: 1.10.25