

TITLE: SUICIDE PREVENTION AND INTERVENTION	POLICY #: 78
Department: Program/Services	Effective Date: 06/25/01
	Applicable Standards:
	3-JCRF-4C-06
Revisions: 7-30-03; 10-30-03; 7-15-09; 12-9-13; 10-19-21	

Policy: McCrossan Boys Ranch works to prevent suicide by assessing referrals and residents for suicidal ideation and behaviors and intervening when residents express suicidal ideation and/or exhibit suicidal behaviors.

Definitions: N/A

Procedures:

Suicide Prevention and Intervention Plan

1. This policy and procedures serve as the McCrossan Boys Ranch written suicide prevention and intervention plan and outlines the actions to be taken to best recognize the risk of and reduce the possibility of a resident engaging in self-injurious behavior. The plan is reviewed and approved annually by a qualified medical or mental health professional.

Prevention/Assessment

2. When screening potential referrals for placement, staff will specifically ask referring agents about the potential resident's history of suicidal ideation and behaviors.
3. Staff will ask potential residents about suicidal ideation and behaviors during the pre-placement interview.
4. An initial mental health assessment will be completed at intake.
5. During the initial health screening, the Nurse will inquire about suicidal ideation and behaviors and document his/her findings.
6. All staff with responsibility for resident supervision will receive documented, competency-based suicide prevention and intervention training during orientation and prior to supervising residents and then annually. All other staff will receive documented, competency-based suicide prevention and intervention training during orientation and then at regular intervals. (CARF 2A27b)

Signs and Indicators

7. Signs of suicide contemplation may include the following:
 - Prior suicide attempts or other self-injurious behavior
 - A suicide threat or indirect verbalization
 - Excessive risk-taking
 - Pre-occupation with the subject of death
 - Consistent self-hate or self-degradation
 - Sudden changes in behavior – sleeping, eating, drug usage, etc.
 - Withdrawal from friends and family
 - Unexplained cheerfulness after a long period of depression
 - Trouble concentrating or highly distractible

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- Giving away possessions or personal property
 - Hostile or belligerent interaction with others
 - Wide mood swings with sudden outbursts
 - Inability to keep commitments or meet deadlines
 - Sudden shift in the quality of work/academics
 - Few, if any, adult contacts; isolation
 - Drastic changes in personal appearance
 - Not tolerating praise or rewards
8. One or more of the signs indicated above may indicate a resident's intent to engage in self-injurious behavior or contemplation of suicide. McCrossan Boys Ranch staff will share this information with supervisory staff if he/she believes that a resident may be at risk and appropriate action will be taken to keep the resident safe.

Response to Suicide Attempt

9. Staff who discover a resident who has attempted suicide will immediately respond.
- Staff will promptly intervene to eliminate any immediate danger. In every case, staff will assume the resident is still alive.
 - Staff will call out for assistance from other staff.
 - Staff will call 911.
 - Staff will contact supervisory staff.
 - If needed, staff will administer 1st Aid/CPR until the resident has a pulse/respirations or outside responders take over.
 - If the situation may require a restraint, staff will contact the Associate Director or designee.
 - Staff will ensure the safety of the resident and other residents by using de-escalation and restraint techniques if necessary.
 - The supervisory staff or designee will call placing agents and parents/guardians (if applicable).
 - An incident report will be completed before the end of the shift.
 - If the resident is taken into the community for treatment or care, the Clinical Supervisor, medical and/or supervisory staff will follow-up with the community mental health and/or medical service provider(s) that is treating/treated the resident to obtain information regarding further treatment for the resident.
 - If the resident returns to the facility, information regarding how to care for the resident and follow-up services for the resident will be shared with all staff responsible for the resident's care.

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Response to Suicidal Ideation or Behaviors

10. As soon as a staff person becomes aware that a resident is having suicidal thoughts or is exhibiting suicidal behaviors, staff will make an assessment of the seriousness of the situation by talking to and observing the resident. If the resident will cooperate, staff will complete a suicide risk assessment.

A. If a resident demonstrates an immediate, severe suicide risk:

- Staff will keep the resident under constant direct supervision.
- Staff will call out for assistance from other staff.
- Staff will call 911 if the situation is life threatening.
- Staff will contact supervisory staff.
- If the situation may require a restraint, staff will contact the Associate Director or designee.
- Staff will use de-escalation and restraint techniques if necessary to ensure the safety of the resident and other residents.
- Staff will administer 1st aid if needed.
- Supervisory staff will further assess the situation and discuss the situation with the Clinical Supervisor, Nurse, or designee. If outside responders have not already been contacted, supervisory staff will decide whether to contact outside responders or to transport the individual to the appropriate medical services for diagnosis and/or treatment including a suicide risk assessment performed by a licensed mental health professional and the treatment of any injuries.
- If staff need to transport the resident, a Ranch vehicle will be used.
- When appropriate, the following security procedures may be used to provide for the immediate transfer of residents to a medical facility:
 - Ask additional staff to assist with transfer.
 - Contact law enforcement to assist with transfer.
- The supervisory staff or designee will call placing agents and parents/guardians (if applicable).
- An incident report will be written before the end of the shift.
- If the resident is taken into the community for treatment, the Clinical Supervisor, medical and/or supervisory staff will follow-up with the community mental health and/or medical service provider(s) to obtain information regarding further treatment for the resident.

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- If the resident returns to the facility, information regarding how to care for the resident and follow-up services for the resident will be shared with all staff responsible for the resident's care.
- B. If a resident is expressing suicidal ideation or exhibiting suicidal behaviors that do not demonstrate an immediate, serious risk of harm:
- Staff will contact supervisory staff.
 - Supervisory staff will follow up with the resident and the staff member to further assess the situation as soon as possible.
 - At that point, the resident may or may not be placed on a suicide watch by supervisory staff.
 - If placed on a suicide watch, staff will document supervision of the resident every 15 minutes and the resident's room will be searched and any items that could potentially cause harm (i.e. belts, long shoelaces, sharp instruments, etc.), will be removed from the room and secured by the Ranch staff.
 - If the resident is placed on suicide watch, an incident report will be written before the end of the shift.
 - The Clinical Supervisor, Program Director, or designee will meet with the resident the next day to determine how long the suicide watch will continue. Only the Clinical Supervisor, Program Director, or designee can remove a resident from suicide watch.
 - Parents/guardians (if applicable) and referring agents will be notified whenever a resident is placed on suicide watch.
 - If a resident is placed on suicide watch, the licensed mental health professional who provides therapy to the resident will be notified.
- C. If at any point staff are unsure of the level of the risk of the resident to attempt suicide, an emergency psychiatric or psychological assessment by a mental health professional will be sought at a local hospital. McCrossan Boys Ranch will err on the side of caution for all incidents regarding suicidal ideation or behaviors.

Safety Plan

11. A safety plan will be created for a resident when a behavioral or mental health need indicates the necessity for one.