Empowerment Through Education
Providing Life-Saving Strategies and Emotionally Healthy Coping Skills

Spotting Students at Risk: *How School Nurses Can Prevent Suicide and Self-Harm Behaviors*

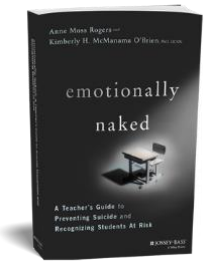
Audience: For university faculty and K-12 educators.
Time: 45 minutes to 3 hours depending on what you need, virtual or in person. Customized based on your school district's needs.

Description:

How can educators spot students at risk for suicide? What is the right thing to say or do? What can be done to prevent students from getting to crisis in the first place? And how can educators find support?

Whether it's having a conversation with a stressed-out student or talking to someone who might be suicidal, this presentation will empower educators with the words and tools needed to be the bridge to support.

With its engaging personal stories, real-life examples, and interactive activities, this presentation is not your usual PD or snoozer training but a rich learning opportunity for school nurses.



Emotionally Naked: A Teacher's Guide to Preventing Suicide and Recognizing Students at Risk
Wiley Publishing.

Learning topics:

- How to spot students/co-workers at risk and what to say/do
- The cryptic and often veiled ways students cry for help
- How to have difficult and age-appropriate conversations with students (talk bubble conversation examples for elementary, middle and high school students)
- Spotting signs of drug use that are usually hard to see plus latest trends
- Is self-harm the same as a suicide attempt?
- Restricting access to means including OTC meds
- The single most important skill for working with young people
- Evidence-Based Screening and Assessment tools for clinicians
- Which students might be at higher risk
- Who should you collaborate with
- Self-care for you
- Resources and protocols

About AnneMoss

AnneMoss Rogers is a Mental health & Suicide Education Expert, Professional Trainer, Speaker and Consultant. As one of the most sought-after mental health

speakers, AnneMoss has lived the ultimate tragedy and become an expert on mental health, emotional wellness as well as suicide prevention. Desperate to escape the darkness of his depression, her younger son Charles turned to drugs and died by suicide in 2015 at age 20.

AnneMoss was the first non-clinician invited to speak on youth suicide at the National Institute of Mental Health, and she is one of the editors for the American Association of Pediatrics Blueprint for Youth Suicide Prevention. She is the author of two mental health related books, one written specifically for educators focused on preventing suicide of school age youth.

Audience feedback from VCU School Nurse's Conference, Feb. 19, 2020

- "best presentation & most useful"
- "It was incredibly powerful."
- "WOW! Talk about taking your grief and making it work for betterment of others."
- "Thank you for including this in the seminar!"
- "Very difficult, but necessary topic."
- "Tough subject done well."
- "I am thrilled that SOMEONE is finally standing up to bring the "elephant in our society" to light."