

# Oyster River High School Self-Harm Prevention Protocol

## When a student talks or writes about self-harm the expectations of teachers, staff, and coaches are as follows:

Staff may become alarmed by some student behaviors, comments, writings, or social media that indicate a student is struggling such as:

- Comments about death, suicide, cutting, wanting to die, etc.
- Expressions of sadness, emptiness, hopelessness, pessimism, helplessness, worthlessness.
- Evidence a student is having difficulty concentrating or remembering
- Marked changes in usual behavior such as losing interest/pleasure in usual activities, loss of energy or drive, falling asleep in class, restlessness/irritability, cutting class.
- Evidence of agitation or excessive energy
- Marked changes in appearance such as significant weight loss or gain
- Comments from other students about a classmate with these behaviors or feelings
- Evidence of self-mutilation including cutting, bruising, scratches, etc.
- Withdrawal from friends and/or activities.

**All employees are mandated reporters.** If you have a concern about a student and the potential for self-harm, immediately consult one of the following people to discuss your concerns: Heather Machanoff, Jason Baker, Kim Cassamas, Kim Sekera, or Dagmar Lamberts

### **CRITICAL SITUATION:**

- The student is distraught and tells you he/she wants to hurt him/herself
- Another student/teacher/parent reports that the student wants to hurt him/herself



#### **DURING SCHOOL HOURS**

1. Tell the student you are not allowed to keep this information confidential and you need to tell someone who can help.
2. Accompany the student to the counselor's office.
3. Tell the guidance secretary that the student must see a counselor immediately.
4. If the student refuses to go with you, **DO NOT LEAVE THE STUDENT ALONE**. Immediately



1. Call for the counselor or administrator to join the meetings with the student.
2. The counselor will encourage the student to talk about what is happening.
3. If the student is deemed to be in crisis, the Counselor will contact the student's parents to take him/her for an emergency evaluation. The Counselor will talk to the student about contacting parents and decide on a follow-up plan.
4. If a parent is unavailable or refuses, contact



#### **AFTER SCHOOL HOURS**

1. Encourage the student to talk about what is happening and attempt to calm him/her.
2. Tell the student you are not allowed to keep this information confidential and you need to contact his/her parents.
3. Call the parents and request that they come pick up their son/daughter. Instruct them to contact the Emergency services at a local hospital. Below are the numbers if they are unsure of who to call:

**Portsmouth Regional Hospital** (603) 436-5110

**Wentworth-Douglass Hospital** (603) 742-5252

**Exeter Hospital** (603) 778-7311

4. If the parents are unavailable, call the Durham police at 868-2324 to have the child transported to the ER.

**Post-event self-care:** Hearing a student talk about suicide can trigger feelings in you. It is normal to feel helpless, angry, or an overwhelming sense of responsibility. After the crisis, take a moment to talk to someone you trust about your own feelings. You may