



San Diego County

SHERIFF

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Sheriff

Detention Services Bureau, Detention In-Service Training Unit

GC 7922.000 - Work Phone

LINE-UP TRAINING

Suicide Detection and Prevention Part 1

Topic #21

(Staff Mindsets about Suicide)

After discussing/reviewing the below training material in line-up (briefing), sworn staff shall sign off as completed in LMS. In the event a staff member is not present when this topic is discussed in line-up, they shall independently read, review, and complete the training.

Completion of this line-up training topic includes reviewing the associated standardized presentation available on the DTU SharePoint site ([#21 Standard Presentation](#)).

By clicking "Yes" to "Have you completed this activity?" in LMS, you are attesting that you have viewed, read, and completed the training activity.

I. PURPOSE

The purpose of this training is to familiarize staff by distinguishing *Fact or Fiction* regarding incarcerated persons suicide and reviewing the Policy and Procedures for Suicide Prevention Practices for Incarcerated Persons & Detentions Safety Program (DSP).

II. POLICY

This training is conducted in accordance with [DSB P&P Sections J.1 - Safety Cells](#), [DSB P&P Section J.4 - Enhanced Observation Housing](#), [DSB P&P Section J.5 - Suicide Prevention Practices for Incarcerated Persons & Detentions Safety Program](#) and [DSB P&P Section M.25 - Psychiatric Stabilization Units](#). This training was developed utilizing content from the NCIA Training Curriculum and Program Guide on Suicide Detection and Prevention in Jail and Prison Facilities by Lindsay M. Hayes 2016.



III. DISCUSSION

FACTS AND FICTION ABOUT INCARCERATED PERSON SUICIDE

Staff may have various misconceptions about incarcerated person suicide. These *Fact or Fiction* exercises will help clarify some important issues.

#1 *An incarcerated person who makes a suicidal statement or threatens suicide is more likely to commit suicide than an incarcerated person who never makes such a statement or threat.*

(Answer: **FACT**)

The Facts: Many incarcerated persons who commit suicide have made either direct or indirect statements indicating their suicidal intentions. Research has shown, 8 out of 10 persons to commit suicide have given definite warnings of their suicidal intentions. These warnings may be direct statements, e.g., "I'm going to kill myself," while other statements may be more subtle and indirect, e.g., "You won't have me to worry about anymore," "I'm not getting out of here," "You'd be better off without me," or even a simple "Good-bye." These statements may be made in a serious, sarcastic, or even joking manner; they may be directed to you, to relatives or friends, or even to other incarcerated people. The point is that an incarcerated person planning to commit suicide often speaks about their plans and feelings and it is crucial that these indicators not be ignored.

#2 *Suicide happens suddenly and without warning.*

(Answer: **FICTION**)

The Facts: Most suicidal acts represent a carefully thought-out strategy for coping with various personal problems. Studies reveal that a suicidal person gives many clues and warnings regarding their suicidal intentions. Within the controlled environment of a detention facility, it is difficult to successfully commit suicide on impulse. Plans must be made regarding the best method and best time.

#3 *An incarcerated person who attempts suicide has NOT gotten it out of their system and will be more likely to attempt again.*

(Answer: **FACT**)

The Facts: Almost two-thirds of incarcerated people who commit suicide had a history of suicidal behavior, either an attempt, threat, and/or self-injury. If an incarcerated person has attempted suicide or engaged in self-injurious behavior in the past, psychological barriers against taking one's life have been broken. Subsequent attempts thus become easier. Although some attempts may seem minor and/or attention-getting behaviors to others, they are always a call for help. If these calls for help are ignored, other more serious attempts are likely.