



## Lifelines Curriculum

Date: 2009(For resources, this is the publication date. For programs, this is the date posted.)

### Information

Type: Program/Practice, Education/Training Program, Program with Evidence of Effectiveness

Organization: Hazelden

Costs:

Visit the [Lifelines website](#) [1].

### Contact

Visit the [Lifelines website](#) [1].

The *Lifelines Prevention* student curriculum (formerly known as the *Lifelines Curriculum*) is one component of *Lifelines: Helping A Comprehensive Suicide Awareness and Responsiveness Program for Teens*, a comprehensive, schoolwide suicide prevention program for middle and high schools. The goal of the overall *Lifelines* program is to promote a caring, competent school community in which help-seeking is encouraged and modeled and suicidal behavior is recognized as an issue that cannot be kept secret. *Lifelines* aims to increase the likelihood that school staff and students will be able and willing to identify at-risk youth when they encounter them, provide an appropriate initial response, and obtain help. *Lifelines* includes a set of sequential components, including reviewing available resources and establishing administrative guidelines and procedures for responding to students at risk; training school faculty and staff to prepare them for their role in identifying and responding to suicidal students; providing a workshop and informational materials to parents; and implementing a curriculum for students to educate them about suicidal behavior and discuss their role in suicide prevention.

**The outcomes listed below are based on research that assessed only the *Lifelines Prevention* student curriculum**, the educational component for students that is implemented last in the sequence. The student curriculum consists of four 45-minute or two 90-minute lessons that incorporate elements of the social development model and employ interactive teaching techniques, including role-play. Health teachers and/or guidance counselors teach the lessons within the regular school health curriculum. These lessons were developed specifically for students in grades 8-10 but can be used with students through 12th grade. The curriculum manual and materials are available from Hazelden Publishing for a fee.

### Designation as a "Program with Evidence of Effectiveness"

SPRC designated the *Lifelines Prevention* student curriculum as a "program with evidence of effectiveness" based on its inclusion in SAMHSA's National Registry of Evidence-Based Programs and Practices (NREPP).

Outcome(s) Reviewed (Overall Quality of Research Rating-scale of 0 to 4)\*

1: Student knowledge about suicide (2.9)



- 2: Student attitudes about suicide and suicide intervention (2.9)
- 3: Student attitudes about seeking adult help (2.9)
- 4: Student attitudes about keeping a friend's suicide thoughts a secret (2.9)

Read more about the [program's ratings](#) [2].

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\* NREPP changed its review criteria in 2015. This program is a “legacy program,” meaning that it was reviewed under the pre-2015 criteria. The evidence for each outcome was reviewed and scored on a scale of 0-4, with 4 indicating the highest quality of evidence and 0 indicating very poor quality of evidence. The overall rating was based on ratings of six criteria: 1) reliability of measures, 2) validity of measures, 3) intervention fidelity, 4) missing data and attrition, 5) potential confounding variables, and 6) appropriateness of analysis. *When considering programs, we recommend (a) assessing whether the specific outcomes achieved by the program are a fit for your needs; and (b) examining the strength of evidence for each outcome.*

## Implementation Essentials

- Before implementing *Lifelines*, schools should develop linkages with local mental health services.

## 2012 NSSP Objectives Addressed:

Objective 5.2: Encourage community-based settings to implement effective programs and provide education that promote wellness and prevent suicide and related behaviors.

Objective 7.1: Provide training on suicide prevention to community groups that have a role in the prevention of suicide and related behaviors.

### Links within this resource

[1] <https://www.hazelden.org/web/public/lifelines.page>

[2] <http://www.sprc.org/sites/default/files/Lifelines%20Curriculum%20NREPP%20Legacy%20Listing.pdf>

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