

Session 4  
Addressing the Mental Health of Youth  
Competency Worksheet  
“Helping Youth at Risk for Suicide”

1. Many young people who are thinking of killing themselves show warning signs.  
 True  
 False
  
2. Foster Parents should regularly report their observations of their youth’s mood and behaviors to the youth’s social worker, (Certifier, JPPO) or staff member at the foster care agency. (Especially if the behavior is new, has increased and/or seems related to a painful event, loss or change.)  
 True  
 False
  
3. If you are unsure about whether or not a youth should be referred to a mental health professional, then you should refer.  
 True  
 False
  
4. Name three behaviors that should prompt immediate action:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
  
5. If a youth is in imminent danger of suicide, the foster parent should\_\_\_\_\_.  
If there is immediate potential for self-harm then\_\_\_\_\_ should be called.
  
6. Name 5 of the most common risk factors for youth in foster care.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. Asking youth if they have thought about suicide increases their risk.

- True
- False

8. Which of the following strategies can help reduce the risk of suicide and promote a Youth's mental health?

- a)  Encourage youth to talk with you
- b)  Be available and remind the youth you are there to listen when he/she is ready
- c)  Ask specific questions in a way that does not judge or threaten the youth
- d)  All of the above

**REMEMBER:** It is not up to the foster parent to decide whether or not a youth is at risk, let the professionals make the call.

Foster Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Foster Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Certifier Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Important Reminder:** It is not up to the foster parent to decide whether or not a youth is at risk, let the professionals make the call.

As an OYA foster parent and per Oregon Administrative Rules (Division 530), foster parents must understand and implement suicide prevention techniques and reporting requirements.

In regards to foster parents providing a safe environment and also per Oregon Administrative Rules (Division 530):

- Firearms must remain unloaded and stored in a locked gun safe or behind double locks that prohibit access and visibility to youth offenders. For purposes of this rule, a double lock may be a locked compartment within a locked room. Ammunition must be stored in a separate locked compartment, separate from any firearm. Trigger locks and glass front display cabinets are not adequate.
- All medications must be stored in locked storage sufficient to prevent unauthorized access.
- All alcoholic beverages, marijuana, and marijuana paraphernalia must be stored and locked in a manner sufficient to prevent access by youth offenders.
- Foster parents and members of the household may not provide any form of tobacco, inhalant delivery system, alcohol, marijuana, drug paraphernalia, or illicit drugs to youth offenders, or allow youth offenders to consume or use such items or products.