HOPElab

Session Logistics for Remote* Suicide Risk Assessment with Youth

*Remote environments include online communication platforms (e.g., Zoom, Teams) and/or the phone.

Before the session

Make sure you:

- Feel comfortable contacting the student and their family remotely.
- Are competent in at least one remote platform (e.g., Zoom, Teams) to connect to the student.
- Know who to communicate relevant information to in the school remotely.

Ask yourself:

- What barriers may negatively impact remote service provision? These barriers can include privacy and connectivity issues.
  Tip: When possible, use videoconferencing so your phone is available to call emergency services.

- Who is the caregiver in closest proximity to the student?
- Do I know where the closest emergency room to the student is?
  Tip: Ask a caregiver to be readily available if the youth needs support. Have the caregiver's contact information at hand.

- Is the physical space I am in quiet and private?
- Have I tested the technology I am using (e.g., my mic, camera)?
- Have I tried to mitigate privacy concerns? For example, is my software up-to-date?
  Tip: Ensure the technology you are using complies with privacy requirements. Make sure it a) complies with school protocols and safety standards and b) meets student needs. Remember to use institutional devices and a secure internet connection.

If you are a School Mental Health professional:

Obtain caregiver consent to provide service remotely.	Ask a caregiver to be physically available for youth during the session.	Know the 24/7 emergency services in the student's area.	Provide a summary or orientation letter of what families and youth can expect of remote service delivery.	If the youth is unfamiliar with the technology you will use for the session, consider meeting with them before the session to help them familiarize themselves with the platform (e.g., Zoom, Teams).
	It might be beneficial to increase the frequency of check-ins with the student when working remotely.	Understand local laws/ regulations and professional requirements to conduct remote suicide risk assessment.		

During Session

Remember to ask the student:

- Where are you? Make sure you know their physical location and address.
- Who is in the room with you?
- How can we reconnect if the call is disconnected?

Verify youth's identity.	Confirm consent/ assent.	Review safety precautions. Confirm the youth's location (i.e., get their address)	Review what to do if the session is disconnected.
Review and ensure privacy. Discuss what to do if privacy is interrupted.	Monitor youth's feelings.	Document everything.	Refer youth to crisis services when needed. Note: Be familiar with 24/7 emergency services in the student's area.