



September 30, 2026

Arizona Health Care Cost Containment System
Arizona Department of Education
Arizona Department of Health Services

To whom it may concern:

Beginning in 2019, LeCroy & Milligan Associates was asked to provide a list of suicide prevention trainings with evidence of effectiveness for the Arizona Department of Education (ADE) and the Arizona Health Care Cost Containment System (AHCCCS) to consider for use by school districts and charter schools to meet the requirements of SB 1468. This legislation, also known as the Mitch Warnock Act, "requires school districts, charter schools, and Arizona teacher training programs to include suicide awareness and prevention training and directs AHCCCS to make suicide awareness and prevention training available."¹ Trainings were recommended for inclusion on this list based on their ability to meet certain criteria including the following:

- Included in the SAMHSA Suicide Prevention Toolkit for High Schools;
- Included in NREPP and/or BPR;
- Listed on the SPRC website; and
- Supporting evidence referenced in one or more meta-analyses OR specifically listed as culturally adaptable, including for tribal communities.

Trainings reviewed under these 2019 criteria continue to be recommended including: Question, Persuade, Refer (QPR); Applied Suicide Intervention Skills (ASIST); At-Risk for High School Educators (Kognito); Youth Mental Health First Aid (YMHFA); Suicide Alertness for Everyone (safeTALK); ACT on FACTS; More than Sad-Suicide Prevention Education for Teachers and Other School Personnel; and Be a Link! Suicide Prevention Gatekeeper Training.

Each year, AHCCCS and ADE review the established criteria for suicide prevention trainings to determine whether modifications to the criteria are recommended. **Beginning in 2021, modifications made by the training developer to any of the approved trainings that maintain substantially similar content and principles of intervention, but changed the method, language, and/or targeted age range for the trainings was also considered to be eligible to be utilized under the existing criteria.** The onus is on training developers to continue to document evidence of the effectiveness of any modified training versions. This approach continues to be recommended.

Beginning in 2023, new criteria were added by ADE and AHCCCS to allow for additional trainings to be reviewed and considered for inclusion on the approved list of trainings.

¹ <https://apps.azleg.gov/BillStatus/GetDocumentPdf/470914>

The revised criteria for *new* (not previously approved) curriculum to be reviewed were the following:

- Standardized, including documentation of training materials prohibiting facilitators from deviating from the sources of material, and has fidelity between the program and trainings;
- Geared toward professional and support staff, and relevant to school settings;
- Provide adequate time dedicated to the training, with a minimum of 2 hours;
- Is supported by organizations such as ASPC, AFSP, or similar; and
- Does not require a prerequisite to attend the training.

In 2023, Signs Matter: Early Detection met these criteria and was added to the list of approved trainings. In 2024, Connect Online Suicide Prevention Training for School Personnel met the criteria and was recommended to be added to the list of approved trainings. Connect Online Suicide Prevention Training for Gatekeepers did not meet the criteria and was not recommended for inclusion on the list of approved trainings, as it was not determined to be geared toward professional and support staff or relevant to school settings.

Beginning in 2025, one additional criteria modification was made by ADE and AHCCCS to allow for additional trainings to be reviewed and considered for inclusion on the approved list of trainings (Appears in bold below):

The modified criteria for *new* (not previously approved) curriculum to be reviewed were the following:

- Standardized, including documentation of training materials prohibiting facilitators from deviating from the sources of material, and has fidelity between the program and trainings;
- Geared toward professional and support staff, and relevant to school settings;
- Provide adequate time dedicated to the training, with a minimum of 2 hours;
- Is supported or **developed** by organizations such as ASPC, AFSP, or similar, **and/or subject matter experts; and**
- Does not require a prerequisite to attend the training.

Four additional trainings (with three different programs) were submitted for review against these new criteria in 2025. All four met the criteria and were recommended to be added to the list of approved trainings:

- Erika's Lighthouse Training
- Sources of Strength Elementary Training
- Sources of Strength Secondary Training
- Suicide Prevention for Arizona School Mental Health Professionals

In 2026, the period reviewed for this memo, two additional training courses were submitted for review. LeCroy & Milligan Associates, at the request of AHCCCS and ADE, reviewed these trainings to determine whether they met the criteria. Teen Lifeline's Recognize & Respond: A School Gate Keeper Training met the criteria and is recommended to be added to the list of approved trainings. NFHS Student Mental Health and Suicide Prevention did not meet the criteria and is not recommended for inclusion on the list of approved trainings. It did not meet the criteria of being geared toward professional and support staff or provide adequate time dedicated to the training. Limited evidence was also provided as to its development by established organizations or subject matter experts.

The complete list of approved trainings and the year they were reviewed/recommended is included in the table below for ease of reference:

Training	Year Reviewed/ Recommended
Question, Persuade, Refer (QPR)	2019
Applied Suicide Intervention Skills (ASIST)	2019
At-Risk for High School Educators (Kognito)	2019
Youth Mental Health First Aid (YMHFA)	2019
Suicide Alertness for Everyone (safeTALK)	2019
ACT on FACTS	2019
More than Sad-Suicide Prevention Education for Teachers and Other School Personnel	2019
Be a Link! Suicide Prevention Gatekeeper Training	2019
Signs Matter: Early Detection	2023
Connect Online Suicide Prevention Training for School Personnel	2024
Erika's Lighthouse Training	2025
Sources of Strength Elementary Training	2025
Sources of Strength Secondary Training	2025
Suicide Prevention for Arizona School Mental Health Professionals	2025
Teen Lifeline's Recognize & Respond: A School Gate Keeper Training	2026

Given that a *current* best practice registry or other standard guidance for suicide prevention trainings does not exist, the established criteria are still a recommended approach for selection of the Arizona state approved trainings at this time. It is also recommended that when a federal best practices guidance and/or registry is developed, that the mechanism for determining qualified trainings in Arizona continue to be revisited. Cultural considerations are also advised in determining other trainings that may meet the needs of various populations in Arizona. In addition, this review does not explore or detail the specific outcomes or impacts these trainings may have on the intended goals of suicide prevention. Training is just one of many components likely necessary to impact this complex challenge in the school-based setting.

Please contact me with any additional questions or concerns regarding this review.

Sincerely,



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