

# Introduction to QPR

*Wednesday, January 7, 2009*

Paul Quinnett, Ph.D.  
The QPR Institute

## QPR: Key Philosophies

- To detect new untreated at-risk students, staff, and faculty on your campus
- Provide referral, assessment, and therapeutic relief in a timely fashion
- Gatekeeper function = recognize and refer
- Will all potential cases die by suicide if left unidentified? No.
- Do most people experiencing suicidal ideation need help? Yes.

## QPR: Key Philosophies

*What is your ROI (Return on Investment)?*

- Prevent suicide attempts (non-fatal or fatal)
  - Where a suicide event (SuiE) is defined as a *suicide attempt* with a non-fatal or fatal outcome..
- What is the number of gatekeepers needed to be trained to prevent 1 suicide event?  
Or, NGNT to prevent 1 SuiE?

## QPR: Key Philosophies

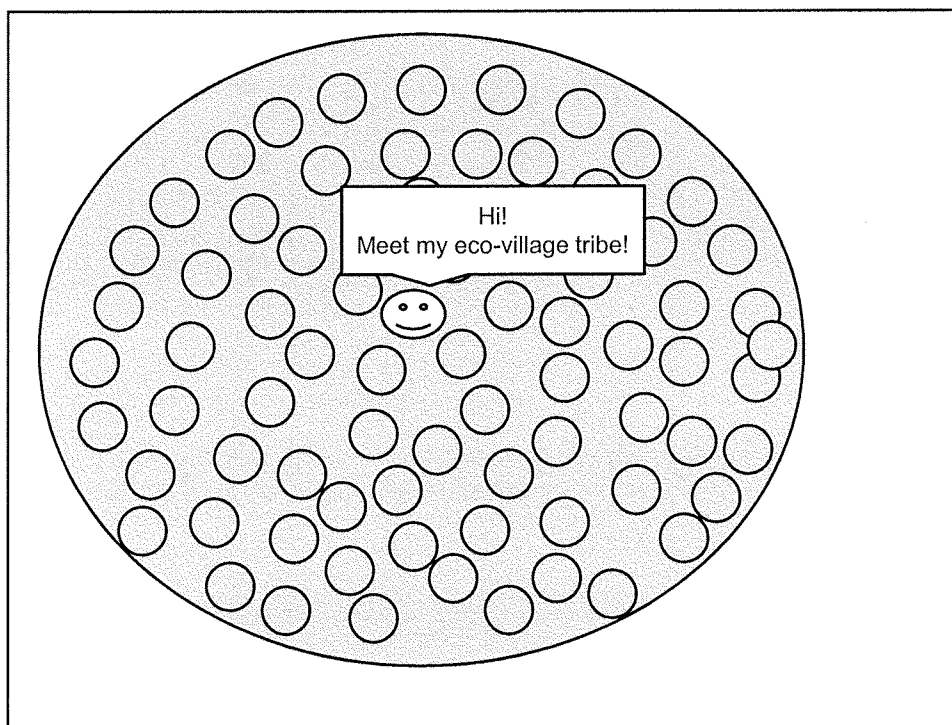
Who to train...

- Who has a duty to intervene?
- Who is willing to intervene?

## QPR: Core Components for College/University Setting

- QPR = Public Education/Gatekeeper
  - Basic awareness, warning signs and intervention skills
  - One hour format
  - Taught by certified instructors, CD-ROM or intranet
- QPRT = Provider Training
  - Suicide risk assessment
  - Suicide risk management
  - Avoiding suicide liability
  - Taught by instructors or online

"In the Chain of Survival, QPR is to a mental health emergency what CPR is to a medical emergency."



## Backup slides

- Samples of customized QPR slides (Texas A&M and Stanford)
- Image showing support
- Sociogram of typical student support system
- Impact measures
- Graphic of changes in referral
- Things to think about...
- Potential benefits
- Contact info

# QPR

*Ask A Question... Save A Life!*

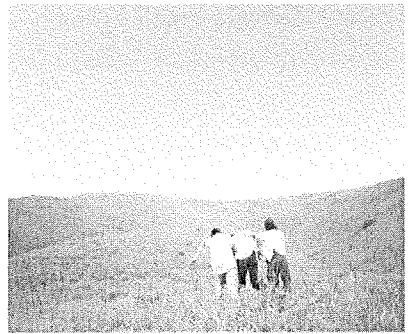
*Aggies caring about Aggies...*

*...in the tradition of true Aggie Spirit!*

*The QPR Program is being provided to the A&M community  
by the  
Student Counseling Service*

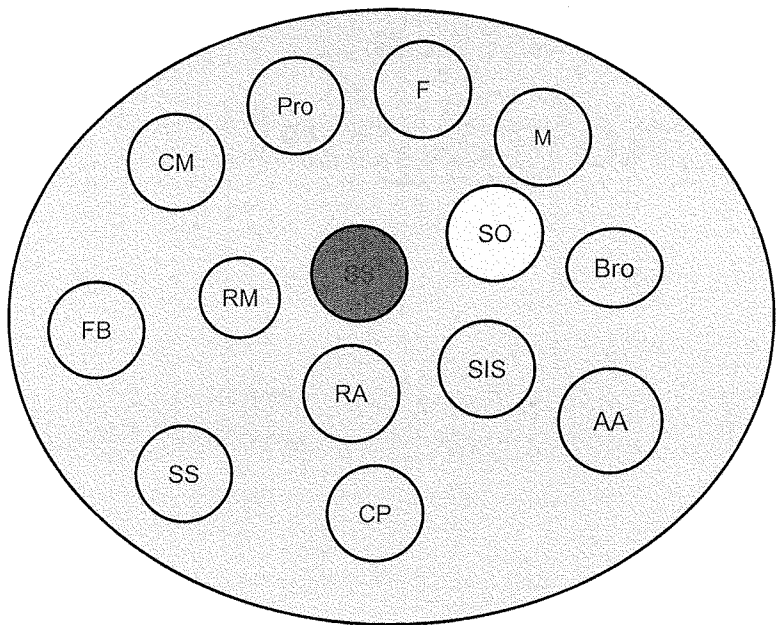
Stanford University QPR Q&A session  
message....

# Questions and Discussion



9

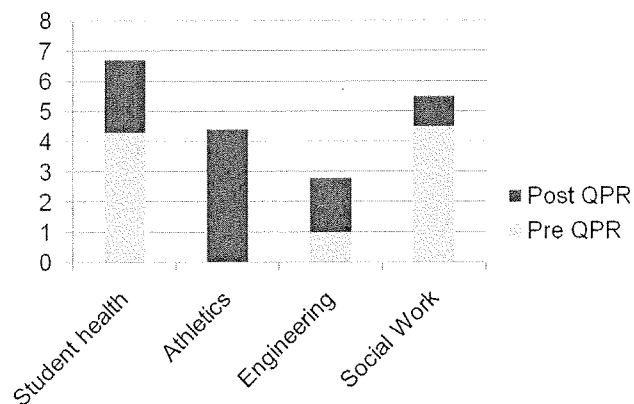
## Rule of 12



## Measuring impact

- Pre-post training evaluation
  - knowledge, attitude, actions taken immediately post training...
- Follow up impact measures, e.g., # of interventions over 6 months or one year reported by gatekeepers
- Number of new cases against base rates (referred or treated)

## Number of new cases in one year pre-post training



## If gatekeeper training is an investment, what is your ROI?

- Cost to train one QPR gatekeeper?
  - traditional classroom = \$24.80
  - Online = \$9.95 (or less)
- How many new cases can one QPR gatekeeper detect in one year?
- VA DPH reported that in one year QPR trained school-based gatekeepers detected average of 3 new cases each

## Greatest gains on ROI?

- Where will you get the greatest number of new cases per gatekeeper trained?
- Leveraging the power of the web?
- What if you trained *everyone*?
- What about text-only communicators?
- Show leadership your outcomes and make your case!

## Potential benefits and outcome measures?

- Earlier detection and treatment of emerging brain disorders with resulting enhanced intellectual and physical performance
- Fewer negative student drop outs, especially in the freshman year
- Improved retention of students and tuition fees with higher admission-to-graduation ratios
- Greater utilization of campus health resources
- Reduced absenteeism for university students and employees resulting from earlier detection and treatment of depression and other problems
- Reduced incidents of other-directed violence on campus

## More benefits?

- Fewer staff/student suicide attempts
- Fewer deaths by suicide
- Fewer episodes of post traumatic stress and crisis response costs following non-fatal and fatal suicide attempts by students, staff and family members
- Fewer incidents of negative press and public relations problems following preventable on-campus suicides or other acts of violence
- Less negative press
- Reduced liability exposure for the university
- Better recruitment and retention of students



Thank you!

Contact information:

- Office phone: 509-235-8823
- Institute phone:  
1-888-726-7926
- Email:  
[pquinnett@mindspring.com](mailto:pquinnett@mindspring.com)
- Website: [www.qprinstitute.com](http://www.qprinstitute.com)

Free e-book & “s4sp”