



# Comparison Table of Suicide Prevention Gatekeeper Training Programs

This document supports Goal 6 of the National Strategy for Suicide Prevention.

Gatekeeper training generally refers to programs that seek to develop individuals' "...knowledge, attitudes and skills to identify (those) at risk, determine levels of risk, and make referrals when necessary" (Gould et al., 2003). The purpose of this table is to provide users with a side-by-side comparison of the various gatekeeper training programs listed in the SPRC/AFSP Best Practices Registry (BPR). The BPR identifies, reviews, and disseminates information about best practices that address specific objectives of the National Strategy for Suicide Prevention. All programs in this matrix have been implemented in specific settings (e.g., schools, community settings, college/university campuses) and are listed in the BPR's Section III. These programs have been reviewed for accuracy, likelihood of meeting objectives, and adherence to program design standards. Being listed in Section III of the BPR does not mean that the practice has been proven effective through evaluation. For full descriptions of these and other gatekeeper training programs, go to the SPRC/AFSP BPR's Section III at <http://www2.sprc.org/bpr/section-iii-adherence-standards>.

**Note: Gatekeeper training is frequently implemented as part of comprehensive suicide prevention programs. While many of the programs listed in the BPR's Section III can be readily disseminated, they should only be implemented after thorough assessment of your community's needs and a determination that gatekeeper training is a reasonable strategy for meeting your community's strategic goals.**

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information.	Audiences	Program Highlights	Program Objectives
<p><b>Applied Suicide Intervention Skills Training (ASIST)</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$2,550 per individual for 5-day course (includes instructors, materials, and host site requirements)</li> <li>• <b>Training for gatekeepers:</b> 14 hours over 2 days for training; \$35 for materials (intervention handbook, workbook, wallet-size prompter card, certificate, consumables)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Caregivers (e.g., those seeking to reduce immediate risk of suicide), clergy, counselors, community volunteers, law enforcement</li> <li>• <b>Who is helped:</b> Clients of caregivers; individuals at risk for suicide</li> <li>• <b>Size of training group:</b> Groups of 15, 24, or 30 in 'training for trainers'; up to 30 in 'training for gatekeepers'</li> </ul>	<ul style="list-style-type: none"> <li>• Participatory work groups</li> <li>• Mini-lectures, facilitated discussions, group simulation, and role play</li> <li>• Training in suicide first aid</li> </ul> <p><i>*Also available in French; can be culturally adapted</i></p>	<ul style="list-style-type: none"> <li>• Raise awareness of societal attitudes about suicide</li> <li>• Enhance communication, identification, and intervention skills</li> <li>• Increase knowledge of resources for both caregivers and people at risk</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Army's ACE</b></p> <p>Ask, Care, and Escort</p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> ACE is a three hour training, available for free from the Center for Health Promotion &amp; Preventive Medicine (CHPPM–transition to U.S. Army Public Health Command) website at: <a href="http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx">http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx</a></li> <li>• ACE should be implemented as instructed in the training protocols. Deviations should be approved in advance by the ACE development team</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Soldiers and junior leaders</li> <li>• <b>Who is helped:</b> Soldiers at risk for suicide</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Encourages soldiers to directly and honestly question any battle buddy who exhibits suicidal behavior.</li> <li>• The battle buddy should <i>ask</i> a fellow soldier whether he or she is suicidal, <i>care</i> for the soldier, and <i>escort</i> the soldier to the source of professional help</li> </ul>	<ul style="list-style-type: none"> <li>• Increase individual and group responsibility for the well-being of others</li> <li>• Increase awareness of stigma and its negative effects on help-seeking</li> <li>• Increase knowledge and skills for identifying, intervening, and referring suicidal warriors for help</li> <li>• Increase competence and confidence in the application of these skills</li> <li>• Increase knowledge of military and community resources for warrior referrals</li> </ul>
<p><b>At-Risk for High School Educators</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> <i>At-Risk</i> annual licenses for schools and districts from \$500-\$3,500 per school, depending on the number and size of the schools. The license also includes technical support, user tracking and assessment tools and materials for promoting the course to learners</li> <li>• Implementation manual should be reviewed, and training is most effective when used as part of a high school's larger strategic plan to identify and help at-risk students</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> High school educators</li> <li>• <b>Who is helped:</b> High school students</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• One-hour, web-based training that teaches high school educators how to identify students exhibiting signs of psychological distress, approach students to address their concern, and make a referral to school support services</li> <li>• During the training, learners assume the role of a high school teacher concerned about three students, explore each students' profile and engage in simulated conversations with each student</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of the prevalence of suicide attempts and psychological distress among high school students</li> <li>• Increase knowledge of signs of study psychological distress, including verbal, behavioral and situational clues</li> <li>• Increase knowledge of how to communicate with at-risk students and motivate them to seek help</li> <li>• Increase knowledge of local resources and referral points for at-risk students</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>At-Risk for University and College Faculty</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> \$1,850 to \$4,850 for 45-minute web-based training (includes site license for 1-2 years that allows re-training); cost depends on # of learners</li> <li>• Implementation manual should be reviewed, and training should be customized with campus-specific resources and referral points prior to implementation</li> <li>• Training should be considered as part of a campus' larger strategic plan</li> </ul> <p><i>*No specific 'training for trainers'</i></p>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> College and university faculty and staff</li> <li>• <b>Who is helped:</b> College and university students</li> <li>• <b>Size of training group:</b> Different site licenses are available and accommodate from 100 to 500 participants; options are also available for individual licenses or very large groups (501+)</li> </ul>	<ul style="list-style-type: none"> <li>• Web-based simulation that allows learners to analyze profiles (include information on academic performance, behaviors, and physical appearance) of virtual students and interact with them</li> <li>• Information on symptoms of mental distress (including depression, anxiety, and suicidal thoughts)</li> <li>• Customizable features that allow incorporation of campus-specific resources and referral points</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of signs of student psychological distress</li> <li>• Increase knowledge of how to communicate with at-risk students</li> <li>• Increase knowledge of local resources and referral points for at-risk students</li> </ul>
<p><b>Be A Link!</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$295 for 2-day training (includes toolkit and materials); trainings available at both your local site and Yellow Ribbon site; cost varies for travel/overhead</li> <li>• <b>Training for gatekeepers:</b> \$375 for 2-hour training (includes instructor materials); \$5 per set for participant materials; cost varies for travel/overhead (if off-site trainer is needed)</li> <li>• A school-based crisis management plan should be adopted in school settings prior to training</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Adult community members (e.g., school staff/faculty, first responders, social workers, religious leaders, etc.)</li> <li>• <b>Who is helped:</b> Youth at risk for suicide (10-18 years of age)</li> <li>• <b>Size of training group:</b> Minimum of 10 participants in 'training for trainers' at Yellow Ribbon site; minimum of 20 in 'training for trainers' at local site (group can be mixed or by discipline); up to 90 in 'training for gatekeepers'</li> </ul>	<ul style="list-style-type: none"> <li>• Information on risk factors and warning signs for suicide, community referral points for help, and crisis protocols</li> <li>• Training uses PowerPoint presentation (provided on a CD) and 'Be A Link' trainer's manual (includes talking points for each PowerPoint slide, program overview and outline, FAQ, preparation worksheet, and links to additional resources)</li> <li>• Recommendations for safe and effective messaging</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of warning signs for suicide</li> <li>• Increase understanding of protocols for referring youth to helping resources</li> <li>• Increase knowledge of help resources</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Campus Connect</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$4,500 for 6-hour workshop (includes manuals, consultation, and travel)</li> <li>• <b>Training for gatekeepers:</b> 2.5 hours for training</li> <li>• Completion of Campus Connect Readiness Checklist required prior to training</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> College and university faculty, staff, and students</li> <li>• <b>Who is helped:</b> College and university students at risk for suicide</li> <li>• <b>Size of training group:</b> Up to 25 participants in 'training for trainers'; up to 30 participants in 'training for gatekeepers'</li> </ul>	<ul style="list-style-type: none"> <li>• Information on suicide statistics, risk/protective factors, warning signs, and referral sources</li> <li>• Skills training on listening to, communicating with, and engaging at-risk students</li> <li>• Final role play activity to practice skills</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of suicide warning signs and referral points for students at risk for suicide</li> <li>• Increase skills for responding to college students at risk for suicide</li> <li>• Increase self-efficacy regarding an individual's ability to respond to a student at risk for suicide</li> </ul>
<p><b>Connect/ Frameworks</b></p> <p><b>Community-Based Training for Gatekeepers and Key Service Providers</b></p> <p><i>Prevention</i></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$6,000 for 3-day session (2 trainers required); consultation available to assist with implementation (\$160/hr)</li> <li>• <b>Training for gatekeepers:</b> \$1,600 (excluding travel) per trainer per day (if not training your own trainers); 4-6 hours for training</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Community members, professional service providers (schools, hospitals, police, mental health and/or other services, faith leaders, military) <i>Note: Specific training modules for different professions</i></li> <li>• <b>Who is helped:</b> Individuals at risk for suicide</li> <li>• <b>Size of training group:</b> Up to 20 participants in 'training for gatekeepers'</li> </ul>	<ul style="list-style-type: none"> <li>• Training on coordination, communication, and connections among resources and stakeholders in the community</li> <li>• Rehearsal of vignettes that demonstrate integrated community responses</li> <li>• Information about stigma reduction, safe messaging, and promotion of help-seeking behavior</li> <li>• Discussion/steps for lethal means restriction</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of the protocols and prevention skills including recognition of risk and protective factors and warning signs of a person at risk for suicide</li> <li>• Increase confidence in the use of the protocols</li> <li>• Increase comfort level with suicide prevention strategies</li> <li>• Increase competence in dealing with suicide events</li> <li>• Increase community capacity to provide an integrated response to suicide events</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Connect/ Frameworks</b></p> <p>Community-Based Training for Gatekeepers and Key Service Providers</p> <p><i>Postvention</i></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$6,000 for 3-day session (2 trainers required); consultation available to assist with implementation (\$160/hr)</li> <li>• <b>Training for gatekeepers:</b> \$1,600 (excluding travel) per trainer per day (if not training your own trainers); 4-6 hours for training</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Community members, professional service providers (law enforcement/first responders, coroners, military, faith leaders, educators, mental health clinicians, social service agencies, funeral directors)</li> <li>• <b>Who is helped:</b> Survivors and community members in the aftermath of a suicide</li> <li>• <b>Size of training group:</b> Up to 20 participants in training for gatekeepers and professional service providers</li> </ul>	<ul style="list-style-type: none"> <li>• Enhances collaboration and coordination to provide the most effective intervention</li> <li>• Assures outreach and prevention through rapid and comprehensive communication, including best practices, safe messaging, appropriate memorial services and media guidelines</li> <li>• Engages resources to help survivors and the community with grieving and healing</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of warning signs and risk and protective factors for a person at risk for suicide</li> <li>• Increase understanding of the impact of suicide, and the grief and increased risk that can result</li> <li>• Increase knowledge of ways to enhance coping and healing for oneself and others after a loss</li> <li>• Increase understanding of the roles and responsibilities of key service providers for communication, promoting an integrated community response and access to resources after a suicide</li> </ul>
<p><b>EndingSuicide.com</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> 2 modules are available for free at <a href="http://www.EndingSuicide.com">www.EndingSuicide.com</a></li> <li>• Participants should access levels of training that correspond best with their level of experience and training needs</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Health professionals and school professionals</li> <li>• <b>Who is helped:</b> At-risk clients</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Modules range from the introductory-level materials for those without health training to more complex modules for practicing health professionals</li> <li>• Each modules is based on a needs analysis, and includes educational objectives, need, goal, author bios, and disclosure information</li> </ul>	<ul style="list-style-type: none"> <li>• Increase knowledge of suicide prevention</li> <li>• Increase feelings of self-efficacy to deal with those who may be suicidal</li> <li>• Increase positive attitudes towards intervention with those who may be suicidal</li> <li>• Increase intention to intervene appropriately with those who may be suicidal</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Late Life Suicide Prevention Toolkit</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> All program materials are viewable (in the case of the DVD) or downloadable, at no charge. A hard copy of the complete toolkit is available for a small charge</li> <li>• The toolkit contains multiple components, which work best when used in concert</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Front-line providers, medical and mental health care clinicians, and health care trainees</li> <li>• <b>Who is helped:</b> Older adults</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Toolkit focuses on how to identify suicide warning signs, establish rapport and assess suicide risk and resiliency factors, and manage immediate and ongoing risk for suicide among older adults</li> <li>• Toolkits is based on Canadian Coalition for Seniors' Mental Health <i>National Guidelines on the Assessment of Suicide Risk and Prevention of Suicide in Older Adults</i> (Canada's first ever interdisciplinary, evidence-based guideline on the topic.)</li> </ul>	<ul style="list-style-type: none"> <li>• Ability to demonstrate a basic understanding of the epidemiology of late life suicide</li> <li>• List risk and protective factors for suicide and identify warning signs</li> <li>• Initiate conversations about depression and suicide risk using key questions to assess for suicide risk</li> <li>• Describe late life suicide risk assessment and clinical intervention strategies</li> <li>• Integrate components of the Toolkit into clinical care</li> </ul>
<p><b>Let's Talk Gatekeeper Training</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> Materials for the two– hour training (including PowerPoint slips, trainers' manual, and handouts) are available at no charge</li> <li>• Training participants should be aware of available resources and referral protocol for youth at risk for suicide</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Foster parents and adults who care for children</li> <li>• <b>Who is helped:</b> At-risk youth</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Training includes content about myths and facts about suicide, risk and protective factors for suicide, warning signs of suicide, and how to communicate with at-risk youth</li> </ul>	<ul style="list-style-type: none"> <li>• Increase understanding of the nature and signs of depression and suicidal behavior</li> <li>• Increase sense of competence and confidence in identifying youth at risk</li> <li>• Increase capability to respond effectively to a youth crisis</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Making Educators Partners in Youth Suicide Prevention</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> educator training is available for free and can be accessed at: <a href="http://www.sptsni.org">www.sptsni.org</a>; series of 5 modules</li> <li>• Additional components of educator training include the identification of on-site referral points, the development of linkages to community mental health services, and the institutions of crisis protocols</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Educators and school staff</li> <li>• <b>Who is helped:</b> At-risk youth</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Focuses on practical realities inherent in the school setting</li> <li>• Uses informed commentary from experts in mental health and suicide prevention</li> <li>• Training includes fifth module that allows viewers to email specific questions to a panel of experts</li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of the problem of suicide</li> <li>• Increase understanding of the appropriate role of the educators in the prevention process</li> <li>• Increase knowledge of strategies for dealing with at-risk students</li> </ul>
<p><b>More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> <i>More Than Sad</i> (including 2 DVDs and accompanying guides) can be purchased from the AFSP on line store \$99.99</li> <li>• Educators who participate in the <i>More Than Sad</i> education program should be familiar with their school's crisis management plan, policies on bullying and harassment, and procedures for referring students for mental health and evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Teachers and other school personnel. The program is also suitable for parents and other adults who care for or work with youth</li> <li>• <b>Who is helped:</b> Teens/youth</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• The program is built around two 25-minute DVDs intended for teens and to show adults how a potentially life-threatening mental health disorder can present in teens</li> <li>• Also included are a 42 page instruction manual for program participants and slides for teacher trainers</li> </ul>	<ul style="list-style-type: none"> <li>• Increase awareness of the problem of teen suicide and how it can be effectively treated and prevented</li> <li>• Increase understanding of mental disorders and other risk factors for teen suicide, so that they are better prepared to identify and refer student who may be at risk</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Operation S.A.V.E.:</b> VA Suicide Prevention Gatekeeper Training</p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> Operation S.A.V.E is a one– to two-hour program available from the VA at no charge</li> <li>• Training should be conducted by trained VA suicide prevention coordinators or other qualified professionals</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Veterans and those who serve veterans</li> <li>• <b>Who is helped:</b> Veterans</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Components of the S.A.V.E model include: Signs of suicide, Asking about suicide, Validating feelings, Encouraging help and Expediting treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the scope of the problem of suicide among the veteran population</li> <li>• Identify a veteran who may be at risk for suicide</li> <li>• Ask questions about suicide in an objective and non-threatening way</li> <li>• Refer a veteran for evaluation and treatment</li> </ul>
<p><b>QPR</b> (Question, Persuade, Refer)</p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$495 for 12-hour QPR certified instructor self study course (certification for 3 years); \$395 for 8-hour live training (certification for 3 years)</li> <li>• <b>Training for gatekeepers:</b> cost varies depending on instructor; \$29.95 for online training; 1-2 hours for standardized training; \$2 per set for trainee materials (QPR booklet &amp; card)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Lay and professional gatekeepers</li> <li>• <b>Who is helped:</b> Individuals at risk for suicide</li> <li>• <b>Size of training group:</b> Minimum of 10 participants in a live training for trainers; up to 35 participants in a live training for gatekeepers</li> </ul>	<ul style="list-style-type: none"> <li>• Multimedia format</li> <li>• Training uses "chain of survival" approach for recognizing and responding positively to warning signs and behaviors</li> <li>• Training on questioning at-risk individuals in order to determine suicide intent/desire, persuading a person to agree to seek help, and referring a person to appropriate resources</li> </ul> <p><i>*Also available in other languages; can be culturally adapted</i></p>	<ul style="list-style-type: none"> <li>• Recognize someone at risk for suicide</li> <li>• Intervene with those at risk</li> <li>• Refer them to an appropriate resource</li> </ul>



Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p><b>Student Support Network</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for gatekeepers:</b> Student Support Training Manual is available free of charge from the Worcester Polytechnic Institute Counseling Center</li> <li>• <b>Training the Trainers:</b> One to two-day train the trainers consultation is available for \$1,000 to \$3,000, plus travel</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Campus student leaders</li> <li>• <b>Who is helped:</b> Campus students</li> <li>• <b>Size of training group:</b> Unspecified</li> </ul>	<ul style="list-style-type: none"> <li>• Core training components include knowledge of mental/behavioral health issues and campus/community resources; intervention skills, including empathic responding and working with resistance; connecting unidentified students with a wide ranges of student helpers; promoting attitudes which destigmatize mental health help-seeking</li> <li>• Students are actively recruited to participate in the SSN program based on their high level of involvement/leadership on campus and their desire to help others</li> </ul>	<ul style="list-style-type: none"> <li>• Increase ability to recognize signs of significant mental/behavioral health distress in others</li> <li>• Increase confidence and greater ability to engage other in distress in an effective and supportive manner</li> <li>• Increase knowledge and skill in referring others in distress to appropriate campus/community resources</li> </ul>
<p><b>Suicide Alertness for Everyone (safeTALK)</b></p>	<ul style="list-style-type: none"> <li>• <b>Training for trainers:</b> \$480 for 1-day T4T workshop (includes materials); cost varies for 2-day training option (contact program for details)</li> <li>• <b>Training for gatekeepers:</b> \$5.50 for materials; 3 hours for training</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Who is trained:</b> Anyone ages 15+ years in a position to help (e.g., parents, students, teachers, front-line workers and supervisors, police, emergency responders, human resources personnel)</li> <li>• <b>Who is helped:</b> Individuals at risk for suicide</li> <li>• <b>Size of training group:</b> Groups of 15, 24, or 30 in 'training for trainers'; up to 30 in 'training for gatekeepers'</li> </ul>	<ul style="list-style-type: none"> <li>• Highly structured training that provides graduated exposure for practicing actions</li> <li>• Six 60-90 second video scenarios, each with non-alert clips, are selected from a library of scenarios and strategically used throughout the training</li> </ul>	<ul style="list-style-type: none"> <li>• Challenge attitudes that inhibit open talk about suicide</li> <li>• Recognize a person who might be having thoughts of suicide</li> <li>• Engage them in direct and open talk about suicide</li> <li>• Listen to the person's feelings about suicide to show that they are taken seriously</li> <li>• Make an immediate and direct connection to someone who knows how to complete the healing process</li> </ul>

Program	Requirements (Costs, time, implementation requirements) *Please contact individual programs for current cost information	Audiences	Program Highlights	Program Objectives
<p style="text-align: center;"><b>Suicide Prevention Training for Gatekeepers of Older Adults</b></p>	<ul style="list-style-type: none"> <li>● <b>Training for gatekeepers:</b> Training is funded by the Massachusetts Department of Public Health and is available to qualifying institutions in Massachusetts for no charge</li> <li>● Training participants should be provided with a list of local resources relevant to the care of older adults who are at risk for suicide</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Who is trained:</b> Those who have regular contact with older adults</li> <li>● <b>Who is helped:</b> Older adults</li> <li>● <b>Size of training group:</b> 6 to 20 participants</li> </ul>	<ul style="list-style-type: none"> <li>● The training is organized into five sessions including, overview of aging, mental health, and suicide, risk and protective factors for suicide; working with older adults at risk for suicide; ongoing care and support of older adults at risk for suicide; self care</li> </ul>	<ul style="list-style-type: none"> <li>● Understand the difference between issues of normal aging and mental health</li> <li>● List risk and protective factors and warning sign for suicide in older adults</li> <li>● Understand levels of suicide risk</li> <li>● Engage and intervene with older adults at risk for suicide</li> <li>● List local services available for older adults who are at risk for suicide</li> <li>● Provide ongoing care and support for older adults at risk for suicide</li> </ul>
<p style="text-align: center;"><b>Working Minds: Suicide Prevention in the Workplace</b></p>	<ul style="list-style-type: none"> <li>● <b>Training for trainers:</b> Full day for \$1,000 (\$500 for non-profit organizations)</li> <li>● <b>Training materials:</b> \$99 for program toolkit, including facilitator's guide and 30-minute DVD</li> <li>● Trainers should identify and include information about local mental health and related resources</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Who is trained:</b> Workplace administrators and employees</li> <li>● <b>Who is helped:</b> Workplace employees</li> <li>● <b>Size of training group:</b> Up to 40 participants</li> </ul>	<ul style="list-style-type: none"> <li>● Builds a business case for suicide prevention, creates a forum for dialogue and critical thinking, and promotes help-seeking and help-giving</li> <li>● Interactive exercises and case studies help employers apply and customize the content to their specific work culture</li> <li>● Three format options offered: 1-hour "lunchtime" presentation, 1.5-hour in-service workshop, 3.5-hour intensive training</li> </ul>	<ul style="list-style-type: none"> <li>● Increased awareness of suicide prevention</li> <li>● Increased capacity for dialogue and critical thinking about workplace mental health challenges</li> <li>● Increased ability to promote help-seeking and help-giving in the workplace</li> </ul>