

QPR Suicide Prevention Training

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QPR

– stands for Question, Persuade and Refer, an emergency mental health intervention that teaches lay and professional Gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors.

The person most likely to prevent you from taking your own life is someone you already know

Why QPR?

- Each letter in QPR represents an *idea and an action step*
- QPR intentionally rhymes with CPR – another universal emergency intervention
- QPR is easy to remember
- Asking Questions, Persuading people to act and making a Referral are established adult skills

“Out of clutter, find simplicity”
Albert Einstein

How QPR Gatekeeper Training is different from other suicide prevention training programs

- QPR is theory-based
- Recognizes that even socially isolated suicidal individuals have contact with potential rescuers
- QPR reaches out to high-risk people *within* their own environments and *does not require suicidal people to ask for help.*

QPR

- Is a simple, direct, behavioral intervention designed to produce a predetermined outcome: a referral for professional help
- Is designed to produce a helpful dialogue between someone at risk for suicide and a trained Gatekeeper
- Teaches Gatekeepers to get the person to a professional

What QPR is Not

- QPR training is *not* designed to produce therapists, but to provide ordinary people with enough of those skills that have been shown to produce significant behavior changes via brief interventions, including the value of imparting hope, empathic and active listening, and behavioral steps to immediately reduce risk factors and enhance protective factors.

CURRENT RESEARCH

- NIMH sponsored RCT of QPR in Georgia school district where N=60,000 (3rd year)
- University of Northern Illinois, evaluation of all training and testing outcomes
- University of Rochester Medical School, evaluation of QPR Gatekeeper training
- Several grant applications in process/evaluations strongly encouraged

Gatekeeper Training Delivery Options

- QPR Gatekeeper Trainer Certification Course
 - Self Study
 - On-site
- QPR Gatekeeper Training on interactive CD-Rom
- QPR Gatekeeper Training *Online!*

QPR *Online* (new!)

- Interactive, multimedia online delivery
- Individual certificate for passing 15-item quiz
- Unlimited user access (3 years)
- On demand review and/or annual review
- Remote site saturation training at low cost
- Host organizations may customize entry pages and referral/crisis response for local access
- Sponsored by EWU- QPR

QPR Professional Training Programs

- QPR Suicide Triage
 - On-site
 - Online multi-media delivery in partnership with Eastern Washington University
- QPRT Suicide Risk Assessment and Risk Management
 - On-site
 - Online through EWU
- Train the trainer program..

Community-wide Suicide Risk Reduction Program

- ☐ Training matches level of duty
- ☐ Everyone is trained
- ☐ Training is mandatory
- ☐ Competency must be demonstrated

Leadership
Policy
Culture

Mental Health and CD
Professionals 8-Hour
QPR Course

First responders, and
others with duty to
initially assess risk
8-Hour QPR Triage
Course

One in every family or ¼ adults completes
basic QPR gatekeeper training

Free book and thank you!

Contact information:

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