

Suicide Prevention Training Request Form

The Division of Injury and Violence Prevention sponsors and promotes the use of evidenced-based and best practice trainings. All trainings utilized by DIVP can be found on the Suicide Prevention Resource Center's Best Practices Registry at www.sprc.org/featured_resources/bpr/index.asp

DESCRIPTION

Question, Persuade, Refer (QPR)

QPR is a gatekeeper training intervention that teaches lay and professional gatekeepers to recognize and respond positively to someone exhibiting suicide warning signs and behaviors. The training is delivered in a standardized 1-2 hour multimedia format by certified *QPR* gatekeeper instructors. *QPR* does not include suicide risk assessment training. For more information, visit www.qprinstitute.com

Suicide Alertness for Everyone (SafeTALK)

SafeTALK is a 3 hour training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. *SafeTALK* stresses safety while challenging taboos that inhibit open talk about suicide. The 'safe' of *safeTALK* stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe. For more information, visit www.livingworks.net

Applied Suicide Intervention Skills Training (ASIST)

ASIST is a standardized and customizable two-day, two-trainer, workshop designed for members of all caregiving groups. The emphasis is on teaching suicide first-aid to help a person at risk stay safe and seek further help as needed. Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and living, develop a safeplan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. The learning process is based on adult learning principles and involves highly participatory workgroups. Graduated skills development is achieved through mini-lectures, facilitated discussions, group simulations, and role plays. For more information, visit www.livingworks.net

Campus Connect

Campus Connect is a 2 hour gatekeeper training program for college and university faculty, staff, and students. The experientially based training is designed to enhance participant's knowledge, awareness, and skills concerning college student suicide. Specifically, *Campus Connect* aims to increase participant's knowledge about suicide statistics, risk and protective factors, warning signs, and referral resources; to increase empathic listening skills, communication skills, and the ability to ask individuals if they are thinking about suicide; and to increase self-awareness concerning the potential emotional reactions gatekeepers may experience when interacting with students in crisis. For more information, visit www.counselingcenter.syr.edu/index.php/campus-connect/

Signs of Suicide (SOS)

Signs of Suicide is a 2-day secondary school-based intervention that includes screening and education. Students are screened for depression and suicide risk and referred for professional help as indicated. Students also view a video that teaches them to recognize signs of depression and suicide in others. They are taught that the appropriate response to these signs is to acknowledge them, let the person know you care, and tell a responsible adult (either with the person or on that person's behalf). Students also participate in guided classroom discussions about suicide and depression. The intervention attempts to prevent suicide attempts, increase knowledge about suicide and depression, develop desirable attitudes toward suicide and depression, and increase help-seeking behavior. For more information, visit www.mentalhealthscreening.org

Response: A Comprehensive High school-Based Suicide Awareness Program

RESPONSE is a comprehensive high school-based program that increases awareness about suicide among high school staff, students and parents. All program components are designed to heighten sensitivity to depression and suicidal ideation, increase identification, and facilitate referral. The program also provides procedures to refer a student who may be at-risk for suicide. Components include (1) a two-hour awareness training for staff, (2) a four-hour student curriculum (spread across four class periods), and parent awareness materials. An implementation assistance manual is also included for administrators. Before implementing the awareness components, participating schools must identify key staff to serve on a suicide prevention team. Key school-based staff should include the principle or vice-principal, a school-based *RESPONSE* coordinator, two "suicide contacts" responsible for handling referrals, and a counselor.

TO REQUEST FREE SUICIDE PREVENTION TRAININGS, PROVIDE THE FOLLOWING INFORMATION:

Requester's Information (Virginia Residents Only)

Name (Please Print Clearly)

Organization

Street Address (No P.O. Box)

City State Zip

(____) _____ (____)
Phone# Fax#

Type of Training (check all that apply):

- Question, Persuade, Refer (QPR)
- SafeTALK
- Applied Suicide Intervention Skills (ASIST)
- Campus Connect
- Signs of Suicide (SOS)
- Response

Email, Mail or Fax Form ATTN:

Christina Sloan
Youth Suicide Prevention Manager
Division of Injury and Violence Prevention
109 Governor Street, 8th Floor
Richmond, VA 23219
Phone: 804-864-7736
Fax: 804-864-7748
E-Mail: christina.sloan@vdh.virginia.gov

Comments on type of training needed or specific training date(s):
