

Snap-shot of Best/Evidence-Based Practices for Suicide Prevention/Intervention

QPR-Question Persuade Refer Gatekeeper Training

QPR (Question, Persuade, and Refer) Gatekeeper Training for Suicide Prevention is a 1-2 hour educational program designed to teach lay and professional "gatekeepers" the warning signs of a suicide crisis and how to respond. Gatekeepers can include anyone who is strategically positioned to recognize and refer someone at risk of suicide. The training is delivered in person by certified QPR gatekeeper instructors. Extended learning modules on specific topics are available to complement the basic 1-2 hour course. The QPR Institute highly encourages a 90 minute format. Training appropriate for high school youth and adults.

safeTALK-Suicide Alertness for Everyone Gatekeeper

SafeTALK is a half-day 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 training is delivered by a certified safeTALK instructor with a community support resource present in all trainings. Training appropriate for high school youth and adults.

YMHFA-Youth Mental Health First Aid

Youth Mental Health First Aid is an 8 hour course designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. The training is delivered by a certified YMHFA instructor. Training appropriate for adults.

Connect Suicide Postvention Training

Connect Suicide Postvention Training is a half day training that focuses on engaging and building capacity for key service providers who will be involved responding to a suicide or other sudden death in a community. Postvention training is a proactive planning tool to promote healing and reduce risk in the event of a suicide or sudden death. Using National Best Practice protocols, participants will learn how to reduce the risk of contagion and create a comprehensive response plan in the event of a suicide. The training includes interactive case scenarios, discussion, exercises, PowerPoint and printed materials. Discipline-specific modules are included in the training for social service agencies, schools, mental health and substance abuse providers. Other discipline specific-training modules (clergy, law enforcement, funeral directors) would be offered only if certified trainers are available. The training is delivered by certified Connect Postvention instructors. A culturally adapted Connect Postvention training is available for tribal communities. Tribal Connect Postvention is delivered by certified tribal instructors. Training appropriate for adults.

ASIST-Applied Suicide Intervention Skills Training

ASIST is an intense two-day, two-trainer, workshop designed for members of all caregiving groups, family, friends, and other community members. ASIST can also provide those in formal helping roles with professional development to ensure that they are prepared to provide suicide first aid help as part of the care they provide.

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 safe plan based upon a review of risk, be prepared to do follow-up, and become involved in suicide-safer community networks. Participants learn and practice skills in identifying and responding to people at immediate risk of suicide. The training is delivered by a certified ASIST instructor. Training appropriate for adults.

CALM-Counseling on Access to Lethal Means Training

CALM can be delivered as both a virtual or in-person training. The course focuses on how to reduce access to the methods people use to kill themselves. It covers how to: 1. identify people who could benefit from lethal means counseling, 2. ask about their access to lethal methods, and 3. work with them and their families to reduce access.