

Suicide Prevention Gatekeeper Trainings Matrix

Produced by the Louisiana Spirit Suicide Prevention Summit Meeting Planning Committee, April 2006

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	Living Works Education (LWE)		QPR	Yellow Ribbon
	ASIST	safeTALK		
Brief Description of the Program	<p><i>LWE ASIST</i> provides practical skills training to prevent the immediate risk of suicide.</p> <p>Content:</p> <ul style="list-style-type: none"> • Teaches suicide first aid – helping a person at risk to stay safe and to seek further help • Participants learn to use a suicide intervention model to identify persons with thoughts of suicide, seek a shared understanding of reasons for dying and for living, review current risk, develop a safeplan and follow up, and become involved in suicide-safer community networks <p>Learning process:</p> <ul style="list-style-type: none"> • Adult learning principles • Highly participatory work in large and small workgroups • Balances safety and challenge opportunities • Graduated skills development by lecture, discussions, group simulations, and role-plays <p>www.livingworks.net</p>	<p><i>LWE safeTALK</i> provides suicide alertness training for recognition and referral functions.</p> <p>Content:</p> <ul style="list-style-type: none"> • Fills a gap between recognition and connection to suicide intervention trained resources • Stresses safety while challenging taboos • Provides a framework for understanding and addressing the low recognition rate of persons with suicidal thoughts • Proposes a mnemonic (<i>TALK</i>) for being “suicide alert” <p>Learning process:</p> <ul style="list-style-type: none"> • Highly structured • Graduated exposure to practice actions using non-alert and alert video scenarios • Respects participants while balancing support and required action steps <p>www.livingworks.net</p>	<p><i>QPR</i> stands for Question, Persuade, and Refer – three simple steps anyone can learn to help save a life from suicide.</p> <p>Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR are taught three steps to help prevent suicide.</p> <p>Content:</p> <ul style="list-style-type: none"> • Teaches how to recognize the warning signs of a suicide crisis • Participants learn how to question, persuade, and refer someone to help <p>www.qprinstitute.com</p>	<p><i>Yellow Ribbon (YR)</i> is a community- and education-based program used in prevention and postvention work. The Program is implemented in one of two ways:</p> <p><u>Option 1:</u> the Complete Program including YR curricula and the Ask 4 Help!® Cards</p> <p><u>Option 2:</u> embedding the Ask 4 Help!® Cards and core aspects of the Program into an existing suicide prevention initiative</p> <p>Trainings:</p> <ul style="list-style-type: none"> • Be-A-Link!® Gatekeeper Training • Ask 4 Help!® Lifeskills for Youth <p>Content:</p> <ul style="list-style-type: none"> • Teaches help-seeking behavior, how to recognize warning signs, risk/protective factors, and how to use the Ask 4 Help!® Cards <p>www.yellowribbon.org</p>

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Evidence-Base	Listed by Evidence-Based Practices Project (EBPP) for Suicide Prevention. Developed on a social R&D platform. References available from: usa@livingworks.net .	Field trials completed. Developed on a social R&D platform. National release at AAS Annual Meeting, Seattle, April 2006. Field trial report available from: usa@livingworks.net .	Email bquinn@turbonet.com for research.	Listed by EBPP. Evaluations have been completed. Evaluation information and references available at: www.yellowribbon.org/Evaluation_Project.htm
Target Population	<ul style="list-style-type: none"> Caregivers of all disciplines and trainings Gatekeepers and first responders Community leaders and advisers 	Everyone, 15 years of age and older	<ul style="list-style-type: none"> 13 years of age and older Professional and lay population <p><i>Advanced assessment courses available onsite and online</i></p>	Be-A-Link!®: Adults Ask 4 Help!®: Youth (10-18 years of age)
Presentation Group Size	10-30 participants <i>(requires at least 2 trainers)</i>	5-30 participants	Small groups up to 35 participants	Be-A-Link!®: 5-150 adults Ask 4 Help!®: 1-1,000 youth
Length of Training	14 hours over two consecutive days	3.5 hours during a half-day	1-2 hours	Be-A-Link!®: 90 minutes Ask 4 Help!®: 45-90 minutes <i>Annual refresher workshops are encouraged</i>
Materials Needed	<ul style="list-style-type: none"> Participant kit AV support (TV, DVD/VCR, overhead projectors) 2 meeting rooms 2 easels 	<ul style="list-style-type: none"> Participant kit AV support (computer with PowerPoint and projector) Meeting room 	<ul style="list-style-type: none"> QPR gatekeeper booklet and card set 	<ul style="list-style-type: none"> Be-A-Link!® Handout Ask 4 Help!® Cards and youth brochure AV support (computer with PowerPoint and projector) Meeting room

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Cost (as of 2006)	Participant kit: \$32.55 (plus S&H) <i>Actual total costs vary depending on trainer's fees and support costs (AV, rooms, refreshments)</i>	Participant kit: \$4.00 (plus S&H) <i>Actual total costs vary depending on trainer's fees and support costs (AV, rooms, refreshments)</i>	Face-to-face training: Booklet/cards \$1.75 per person plus trainer's fees Online training: \$13.95-\$29.95 per person	Be-A-Link!®: \$500 per training session plus materials Ask 4 Help!®: \$500 per session plus YR Cards and Youth Brochure
Certificate of Completion	Completion certificate recognizing 14 hours of training	Not currently planned	Face-to-face training: Certificate is optional Online training: Certificate is included	Certificate of completion awarded
Expected Knowledge or Skill Outcome	<ul style="list-style-type: none"> • More willing, ready and able to help a person at risk • Know how to apply a 3-phased suicide intervention model • Understand how attitudes of the caregiver and the person at risk can impact an intervention 	<ul style="list-style-type: none"> • Know major barriers to recognizing suicide • Learn how not to miss, dismiss, and avoid recognizing thoughts of suicide • Know how to connect persons to available and accessible suicide first aid trained resources 	<ul style="list-style-type: none"> • Increased knowledge and understanding of suicide, suicide risk factors and warning signs • Increased ability and probability of identifying, intervening, and referring a suicidal person to appropriate help 	<ul style="list-style-type: none"> • Respond effectively and responsibly in a suicidal crisis • Have a solid understanding of the suicide response protocol of the community • Ability to offer support to friends and family of suicide victims • Increased help-seeking behaviors and decreased suicidal ideation and behaviors • Able to share the knowledge learned with others – pass on the skills
Train the Trainer Process	<ul style="list-style-type: none"> • 5-day course • Registered Trainer after three workshops • Quality control review of all workshop evaluations 	<ul style="list-style-type: none"> • 1-day orientation • Pre-session study materials (DVD format) • Currently, must be an ASIST Trainer to enroll 	Visit www.qprinstitute.com for more information.	<ul style="list-style-type: none"> • 2-day training • Certificate of completion recognizing 12 hours of training <p><i>(CEUs offered in some locations)</i></p>