



Dear Friends,

Mental Health America of Monroe County, the Monroe County Suicide Prevention Coalition, and the Bloomington Police Department are looking forward to hosting our IN PERSON Breakfast Learning Series event **Friday, December 9th from 730am-9am at the Public Safety Training Center** located at 3230 S Walnut ST Bloomington, IN 47403.

The BLS event is being presented back IN PERSON, with coffee and breakfast. We are excited to see everyone face to face. Kara Baertsch will present on QPR Suicide Awareness and Prevention Gatekeeper Training.

As always, the event is free of charge.

*Continuing education units **will be** available at this event for \$5.00*

Description: QPR (Question, Persuade, Refer) Gatekeeper Training is a suicide awareness and prevention training geared toward anyone including parents, teachers, friends, neighbors, health care professionals, first responders, supervisors, clergy, and many others. This training educates participants about the problem of suicide as a national health epidemic, warning signs of a potential suicidal crisis, and guidance in how to talk to someone experiencing a suicidal or mental health crisis, offer hope, and help them get the help they need.

Objectives:

1. Participants will learn about facts and statistics about suicide in Indiana and the United States.
2. Participants will be able to identify suicide risk factors and warning signs.

3. Participants will learn about common myths regarding suicide and the actual facts.
4. Participants will learn how to communicate compassionately and directly with a person they are concerned may be suicidal or in danger of a mental health crisis.

Kara Baertsch, LMHC, is a graduate of Indiana University and is a Licensed Mental Health Counselor, an EMDRIA Certified EMDR Therapist and EMDRIA Approved Consultant. Kara owns a private practice in Bloomington, Indiana where she specializes in treating dissociative and trauma-related disorders. She is also active in providing training and consultation in EMDR for clinicians at the basic training and certification levels in Indiana and across the country. Kara is a Certified QPR Suicide Prevention Instructor, and in addition to providing numerous suicide prevention trainings for schools and other social service organizations, Kara presents on a variety of topics related to trauma, EMDR Therapy, and mental health. Kara has been a member of the board of Mental Health America of Monroe County since 2017 and has served as board president since 2020.

Sign up here: <https://www.signupgenius.com/go/10C0E4EA5A72FA3F5C52-mhabreakfast>

After registering, you will receive a confirmation email.

If you have any questions about this event, please email ragonesepsychology@gmail.com

We hope to see you soon!

Monroe County
Suicide Prevention
Coalition