

## Suicide Prevention Training for School Employees (June 2018)

The trainings included in the chart below meet criteria for school employee training as required by IC 20-28-3-6.

| Training   | Audience  | Training Description   | Program Outcomes/ Objective  | Contact/Cost   |
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| <b>Applied Suicide Intervention Skills Training (ASIST)</b><br><br><a href="https://www.livingworks.net/asist/">https://www.livingworks.net/asist/</a> | <ul style="list-style-type: none"> <li>• School Counselors</li> <li>• Social Workers</li> <li>• Nurses</li> <li>• School Psychologist.</li> </ul> | <p>A two-day intensive and interactive training aimed at developing “suicide first aid” skills and competencies. This model involves assessment of suicide risk and the development of a “safeplan,” which provides various options depending on present and future risk, available resources and the needs of the person at risk.</p> | <ul style="list-style-type: none"> <li>• Recognize that caregivers and persons at risk are affected by personal and societal attitudes about suicide.</li> <li>• Discuss suicide in a direct manner with someone at risk.</li> <li>• Identify risk alerts and develop related safe plans.</li> <li>• Demonstrate the skills required to intervene with a person at risk of suicide.</li> <li>• List the types of resources available to a person at risk, including themselves.</li> <li>• Make a commitment to improving community resources.</li> <li>• Recognize that suicide prevention is broader than suicide first-aid and includes life promotion and self-care for caregivers.</li> </ul> | <p>1.888.733.5484</p> <p>Email: <a href="mailto:usa@livingworks.net">usa@livingworks.net</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p> |

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| <p><b>At-Risk for PK-12 Educators Online Program</b></p> <p><a href="https://www.sprc.org/resources-programs/kognito-risk-high-school-educators">https://www.sprc.org/resources-programs/kognito-risk-high-school-educators</a></p> <p><b>Note:</b> This is only a 60-minute training. An additional hour focused on in-person practice of gatekeeper skills (e.g., noticing distress, asking the question, and referring a student to help) and review of local suicide prevention policies and procedures is required. A guidance document is available for this 1-hour practice session <a href="#">here</a>.</p> | <ul style="list-style-type: none"> <li>• 9-12<sup>th</sup> grade school educators</li> </ul>                  | <p>60 minutes, online, interactive gatekeeper training</p>  | <ul style="list-style-type: none"> <li>• Recognize and respond to signs of psychological distress in students.</li> </ul>   | <p>1-212-675-9234</p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p>   |
| <p><b>Question Persuade Refer (QPR)</b></p> <p><a href="https://www.sprc.org/resources-programs/qpr-gatekeeper-training-suicide-prevention">https://www.sprc.org/resources-programs/qpr-gatekeeper-training-suicide-prevention</a></p>   | <ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• Volunteers</li> </ul>        | <p>A two-hour program designed to teach school staff how to recognize and refer someone at risk of by following three steps.</p>  | <ul style="list-style-type: none"> <li>• Knowledge about suicide.</li> <li>• Gatekeeper self-efficacy.</li> <li>• Knowledge of suicide prevention resources.</li> <li>• Gatekeeper skills.</li> <li>• Diffusion of gatekeeper training information.</li> </ul>  | <p>1.888.726.7926</p> <p>Email: <a href="mailto:gpr@qprinstitute.com">gpr@qprinstitute.com</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p> <p><i>List of QPR certified trainers for Indiana can be accessed on IDOE webpage</i></p> |
| <p><b>Question Persuade Refer (QPR) Gatekeeper Trainer Certification Course</b></p> <p><i>(Training to become a trainer)</i></p> <p><a href="https://www.qprinstitute.com/become-an-instructor">https://www.qprinstitute.com/become-an-instructor</a></p> <p><b>NOTE:</b> This will count as meeting the requirements of IC 20-28-3-6 as long as the training includes the approved 2-hour QPR training as part of the training day. Only the in-person version is approved, NOT the self-study version.</p>   | <ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• School volunteers</li> </ul> | <p>An eight-hour training where you will learn how to conduct a QPR Gatekeeper Training, be given valuable teaching tools geared to increase awareness about suicide risk factors, and learn life-saving suicide prevention strategies.</p> | <ul style="list-style-type: none"> <li>• Understanding the nature and range of suicidal communications.</li> <li>• Knowing the groups at greatest risk of suicide and why QPR can work for them.</li> <li>• Suicide and suicide prevention in history.</li> <li>• The how, why and the research.</li> <li>• New and promising approaches to suicide prevention.</li> <li>• How QPR fits into national efforts.</li> </ul> | <p>1.888.726.7926</p> <p>Email: <a href="mailto:gpr@qprinstitute.com">gpr@qprinstitute.com</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p>  |

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| <p><b>SafeTALK</b></p> <p><a href="https://www.livingworks.net/safetalk/">https://www.livingworks.net/safetalk/</a></p> | <ul style="list-style-type: none"> <li>• Any and all school personnel</li> <li>• School volunteers (15 years of age and older)</li> </ul> | <p>A half-day (approx. 3.5 hours) alertness training that prepares anyone, regardless of prior experience or training, to become a suicide-alert helper.</p> <p>SafeTALK trained helpers can recognize invitations to help from people having suicidal thoughts, and take action by connecting them with life-saving intervention resources.</p> | <ul style="list-style-type: none"> <li>• Notice and respond to the situations where suicide thoughts might be present</li> <li>• Recognize that invitations for help are often overlooked</li> <li>• Move beyond the common tendency to miss, dismiss, and avoid suicide</li> <li>• Apply the TALK steps: Tell, Ask, Listen, and Keep Safe</li> <li>• Know community resources and how to connect someone with thoughts of suicide to them for further help</li> </ul> | <p>1.888.733.5484</p> <p>Email: <a href="mailto:info@livingworks.net">info@livingworks.net</a></p> <p><i>Cost can vary by: Trainer and/or # of participants/organization/materials</i></p> <p><i>List of SafeTALK certified trainers through the American Foundation of Suicide Prevention can be accessed on IDOE webpage</i></p> |
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